



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Bruns, Norbert

Club: TV Beckum
Number: 3217

Course: 10.00 km
10 km Nordic Walking

Total time: 1:13:47

Speed: 8.13 km/h

metres in height up: 196
Course score: 12.94

performance score: 105 Points