



8. Cheruskerwalk  
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Zastrow, Holger

Club: Gütersloh  
Number: 3296

Course: 10.00 km  
10 km Nordic Walking

Total time: 1:14:37

Speed: 8.04 km/h

metres in height up: 196  
Course score: 12.94

performance score: 104 Points