



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Pfost, Erik

Club: TSV Oerlinghausen
Number: 3200

Course: 10.00 km
10 km Nordic Walking

Total time: 1:15:47

Speed: 7.92 km/h

metres in height up: 196
Course score: 12.94

performance score: 102 Points