



8. Cheruskerwalk  
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Seifert, Susanne

Club: LiVe-Lauftreff in Versmold  
Number: 1233

Course: 21.00 km  
21 km Nordic Walking

Total time: 3:20:44

Speed: 6.28 km/h

metres in height up: 632  
Course score: 30.48

performance score: 191 Points