



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Lemmes, Rolf

Club: Dormagen

Number: 3284

Course: 10.00 km

10 km Nordic Walking

Total time: 1:25:30

Speed: 7.02 km/h

metres in height up: 196

Course score: 12.94

performance score: 91 Points