



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Opfer, Dora

Club: LF Ehberg 02

Number: 3315

Course: 10.00 km

10 km Nordic Walking

Total time: 1:27:30

Speed: 6.86 km/h

metres in height up: 196

Course score: 12.94

performance score: 89 Points