



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Niere, Udo

Club: Blomberg
Number: 3357

Course: 10.00 km
10 km Nordic Walking

Total time: 1:27:40

Speed: 6.84 km/h

metres in height up: 196
Course score: 12.94

performance score: 89 Points