



8. Cheruskerwalk  
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Nachtigall, Heike

Club: Stadt Bochum Walking-Team  
Number: 3255

Course: 10.00 km  
10 km Nordic Walking

Total time: 1:28:53

Speed: 6.75 km/h

metres in height up: 196  
Course score: 12.94

performance score: 87 Points