



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Frohwerk, Rosi

Club: Sendener Walking-Mäuse
Number: 3275

Course: 10.00 km
10 km Nordic Walking

Total time: 1:30:10

Speed: 6.65 km/h

metres in height up: 196
Course score: 12.94

performance score: 86 Points