



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Ellermann, Dieter

Club: EGGER Powerteam
Number: 1309

Course: 21.00 km
21 km Nordic Walking

Total time: 3:33:24

Speed: 5.90 km/h

metres in height up: 632
Course score: 30.48

performance score: 180 Points