



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Polanski, Jochen

Club: TV-Heidenoldendorf
Number: 1299

Course: 21.00 km
21 km Nordic Walking

Total time: 4:11:52

Speed: 5.00 km/h

metres in height up: 632
Course score: 30.48

performance score: 152 Points