



8. Lauf: \"Rund um Frauenwald\"  
Frauenwald / 10.08.2013

Detailed evaluation

Ziermann, Ute

Club: Arnstadt  
Number: 415

Course: 14.60 km  
Nordic Walking

Total time: 2:31:02

Speed: 5.80 km/h

metres in height up: 290  
Course score: 18.35

performance score: 110 Points