



1. Sparkassen-MammutWalk Ahlen  
Ahlen (Westf.), Zeche Westfalen / 28.09.2014

Detailed evaluation

Firniß, Klaus-Dieter

Total time: 1:37:50

Speed: 6.75 km/h

Number: 11014

metres in height up: 75

Course: 11.00 km

Course score: 12.13

HaldenWalk Walking

performance score: 84 Points