



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

Trumpp, Helga

Club: Berkel-Walker  
Number: 11025

Course: 11.00 km  
HaldenWalk Walking

Total time: 1:38:05

Speed: 6.73 km/h

metres in height up: 75  
Course score: 12.13

performance score: 84 Points