



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

**Sulk, Elmar**

Club: DJK Preußen 1911 Bochum e.V.  
Number: 11020

Course: 11.00 km  
HaldenWalk Walking

Total time: 1:39:54

Speed: 6.61 km/h

metres in height up: 75  
Course score: 12.13

performance score: 83 Points