



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

**Balg, Wolfgang**

Club: distel-walker

Number: 11111

Course: 11.00 km

HaldenWalk Nordic Walking

Total time: 1:30:20

Speed: 7.31 km/h

metres in height up: 75

Course score: 12.13

performance score: 91 Points