



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

Detailed evaluation

Lieske, Heidrun

Club: TV Flerke
Number: 11085

Course: 11.00 km
HaldenWalk Nordic Walking

Total time: 1:30:26

Speed: 7.30 km/h

metres in height up: 75
Course score: 12.13

performance score: 91 Points