



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

Detailed evaluation

Spindler, Andrea

Club: TBS-Herne

Number: 11097

Course: 11.00 km

HaldenWalk Nordic Walking

Total time: 1:32:37

Speed: 7.13 km/h

metres in height up: 75

Course score: 12.13

performance score: 89 Points