



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

Detailed evaluation

Hoke, Sabine

Club: LSF-Unna-2000

Number: 11073

Course: 11.00 km

HaldenWalk Nordic Walking

Total time: 1:33:24

Speed: 7.07 km/h

metres in height up: 75

Course score: 12.13

performance score: 88 Points