



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

Detailed evaluation

Vierus, Katja

Club: wt-soest

Number: 11034

Course: 11.00 km

HaldenWalk Nordic Walking

Total time: 1:33:55

Speed: 7.03 km/h

metres in height up: 75

Course score: 12.13

performance score: 88 Points