



1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

Detailed evaluation

Theil, Cordula

Club: Bottrop

Number: 11062

Course: 11.00 km

HaldenWalk Nordic Walking

Total time: 1:39:52

Speed: 6.61 km/h

metres in height up: 75

Course score: 12.13

performance score: 83 Points