



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

Detailed evaluation

Sennekamp, Alfons

Club: SV Hebern

Number: 11108

Course: 11.00 km

HaldenWalk Nordic Walking

Total time: 1:44:18

Speed: 6.33 km/h

metres in height up: 75

Course score: 12.13

performance score: 79 Points