



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

Detailed evaluation

Staschewski, Dorothee

Club: Düsseldorf

Number: 11068

Course: 11.00 km

HaldenWalk Nordic Walking

Total time: 1:46:47

Speed: 6.18 km/h

metres in height up: 75

Course score: 12.13

performance score: 77 Points