



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

**Sandmann, Manfred**

Club: Running Soccer Store  
Number: 22015

Course: 22.00 km

MammutWalk Walking

Total time: 2:22:53

Speed: 9.24 km/h

metres in height up: 107

Course score: 23.61

performance score: 218 Points