



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

Detailed evaluation

Arnold, Frank

Club: kein Verein

Number: 22013

Course: 22.00 km

MammutWalk Walking

Total time: 2:28:02

Speed: 8.92 km/h

metres in height up: 107

Course score: 23.61

performance score: 211 Points