



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

Est, Ulrike

Club: SV Hebern

Number: 11102

Course: 11.00 km

HaldenWalk Nordic Walking

Total time: 2:01:45

Speed: 5.42 km/h

metres in height up: 75

Course score: 12.13

performance score: 68 Points