



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

**Borowski, Kurt**

Club: OV Essen  
Number: 11011

Course: 11.00 km  
HaldenWalk Walking

Total time: 1:09:09

Speed: 9.54 km/h

metres in height up: 75  
Course score: 12.13

performance score: 119 Points