



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

**Loch, Manfred**

Club: kC-Werne 08

Number: 22030

Course: 22.00 km

MammutWalk Walking

Total time: 2:33:44

Speed: 8.59 km/h

metres in height up: 107

Course score: 23.61

performance score: 203 Points