



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

Detailed evaluation

Bastert, Frank

Club: LSF-Unna-2000

Number: 22075

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:30:05

Speed: 8.80 km/h

metres in height up: 107

Course score: 23.61

performance score: 208 Points