



1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

Detailed evaluation

Sapsford, Donald

Club: BSG DSW21/DEW21
Number: 220240

Course: 22.00 km

MammutWalk Walking

Total time: 2:43:24

Speed: 8.08 km/h

metres in height up: 107

Course score: 23.61

performance score: 191 Points