



1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

Detailed evaluation

Kochskämper, Siegfried

Club: TV Beckum Wersewalker
Number: 22073

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:39:39

Speed: 8.27 km/h

metres in height up: 107

Course score: 23.61

performance score: 195 Points