



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

**Arnzen, Norbert**

Club: Berkel-Walker

Number: 22027

Course: 22.00 km

MammutWalk Walking

Total time: 2:49:50

Speed: 7.77 km/h

metres in height up: 107

Course score: 23.61

performance score: 183 Points