



1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

Detailed evaluation

Olk, Hartmut

Club: distel-walker

Number: 22083

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:41:11

Speed: 8.19 km/h

metres in height up: 107

Course score: 23.61

performance score: 193 Points