



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

Häusler, Ralf

Club: LiVe-Lauftreff in Versmold  
Number: 22061

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:43:29

Speed: 8.07 km/h

metres in height up: 107  
Course score: 23.61

performance score: 190 Points