



1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

Detailed evaluation

Bracklow, Elisabeth

Club: distel-walker

Number: 22081

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:44:50

Speed: 8.01 km/h

metres in height up: 107

Course score: 23.61

performance score: 189 Points