



1. Sparkassen-MammutWalk Ahlen
Ahlen (Westf.), Zeche Westfalen / 28.09.2014

Detailed evaluation

Herweg, Rudolf

Club: LT Siebengebirge

Number: 22063

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:46:19

Speed: 7.94 km/h

metres in height up: 107

Course score: 23.61

performance score: 187 Points