



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

**Gramadies, Elke**

Club: BSG Team EVAG  
Number: 22016

Course: 22.00 km  
MammutWalk Walking

Total time: 2:58:02

Speed: 7.41 km/h

metres in height up: 107  
Course score: 23.61

performance score: 175 Points