



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

Hagemann, Detlef

Club: Team NRW

Number: 22090

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:52:29

Speed: 7.65 km/h

metres in height up: 107

Course score: 23.61

performance score: 181 Points