



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

**Schmitz, Monika**

Club: LSF-Unna-2000

Number: 22078

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:53:31

Speed: 7.61 km/h

metres in height up: 107

Course score: 23.61

performance score: 180 Points