



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

**Beier, Rudolf**

Club: Distel-Walker  
Number: 22058

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:54:13

Speed: 7.58 km/h

metres in height up: 107  
Course score: 23.61

performance score: 179 Points