



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

Detailed evaluation

Arnold, Doris

Club: kein Verein
Number: 22071

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:54:17

Speed: 7.57 km/h

metres in height up: 107
Course score: 23.61

performance score: 179 Points