



1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

Detailed evaluation

Lappe, Rolf

Club: AS Neukirchen-Vluyn

Number: 22070

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:56:23

Speed: 7.48 km/h

metres in height up: 107

Course score: 23.61

performance score: 177 Points