



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

**Pflugrad, Thomas**

Club: AS Neukirchen-Vluyn

Number: 22072

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:58:26

Speed: 7.40 km/h

metres in height up: 107

Course score: 23.61

performance score: 175 Points