



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

Henkel, Hugo

Club: LSF-Unna-2000

Number: 22076

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 3:03:46

Speed: 7.18 km/h

metres in height up: 107

Course score: 23.61

performance score: 169 Points