



1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

Detailed evaluation

Luhmann, Gerhard

Club: Post SV Unna

Number: 6078

Course: 6.00 km

WerseWalk Nordic Walking

Total time: 40:51

Speed: 8.81 km/h

metres in height up: 77

Course score: 7.16

performance score: 63 Points