



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

Grüne, Irmhild

Club: Walking Treff Möhnesee e.V.  
Number: 6014

Course: 6.00 km  
WerseWalk Walking

Total time: 54:16

Speed: 6.63 km/h

metres in height up: 77  
Course score: 7.16

performance score: 48 Points