



1. Sparkassen-MammutWalk Ahlen  
Ahlen (Westf.), Zeche Westfalen / 28.09.2014

Detailed evaluation

Frankemöller-Heermann, Günter

Club: Berkel-Walker  
Number: 11026

Course: 11.00 km  
HaldenWalk Walking

Total time: 1:14:39

Speed: 8.84 km/h

metres in height up: 75  
Course score: 12.13

performance score: 110 Points