



1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

Detailed evaluation

van Bergerem, Carolin

Club: Nordic Walking Hobbygruppe Ahlen
Number: 6073

Course: 6.00 km

WerseWalk Nordic Walking

Total time: 45:08

Speed: 7.98 km/h

metres in height up: 77
Course score: 7.16

performance score: 57 Points