



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

Schubert, Ferdinand

Club: distel-walker

Number: 6085

Course: 6.00 km

WerseWalk Nordic Walking

Total time: 45:45

Speed: 7.87 km/h

metres in height up: 77

Course score: 7.16

performance score: 57 Points