



1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

Detailed evaluation

Groh, Marie - Luise

Club: Nordic Walking Hobbygruppe Ahlen
Number: 6071

Course: 6.00 km

WerseWalk Nordic Walking

Total time: 45:55

Speed: 7.84 km/h

metres in height up: 77

Course score: 7.16

performance score: 56 Points