



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

Thoridt, Kirsten

Club: Lauffreunde Vlatten-Köln  
Number: 11007

Course: 11.00 km  
HaldenWalk Walking

Total time: 1:17:36

Speed: 8.51 km/h

metres in height up: 75  
Course score: 12.13

performance score: 106 Points