



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

Detailed evaluation

Niggemann, Theo

Club: TLV Rünthe
Number: 11089

Course: 11.00 km
HaldenWalk Walking

Total time: 1:21:45

Speed: 8.07 km/h

metres in height up: 75
Course score: 12.13

performance score: 101 Points