



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

Kirsten, Gudrun

Club: TVE Ahlen

Number: 6084

Course: 6.00 km

WerseWalk Nordic Walking

Total time: 51:55

Speed: 6.93 km/h

metres in height up: 77

Course score: 7.16

performance score: 50 Points