



1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

Detailed evaluation

Plöger, Reinhild

Club: Walking Treff Möhnesee e.V.
Number: 6011

Course: 6.00 km

WerseWalk Nordic Walking

Total time: 53:37

Speed: 6.71 km/h

metres in height up: 77
Course score: 7.16

performance score: 48 Points