



1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

Detailed evaluation

Look, Birgitt

Club: TV Flerke
Number: 6087

Course: 6.00 km

WerseWalk Nordic Walking

Total time: 56:55

Speed: 6.33 km/h

metres in height up: 77
Course score: 7.16

performance score: 46 Points