



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

Detailed evaluation

Erdelt, Hildegard

Club: Fissenknicker Lauf-Treff
Number: 11066

Course: 11.00 km

HaldenWalk Nordic Walking

Total time: 1:17:24

Speed: 8.53 km/h

metres in height up: 75

Course score: 12.13

performance score: 107 Points