



# 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