



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

Freund, Heinrich

Club: BTC-Herne

Number: 11110

Course: 11.00 km

HaldenWalk Walking

Total time: 1:27:56

Speed: 7.51 km/h

metres in height up: 75

Course score: 12.13

performance score: 94 Points