



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

Heimann, Christel

Club: SV Hebern

Number: 6120

Course: 6.00 km

WerseWalk Nordic Walking

Total time: 1:00:36

Speed: 5.94 km/h

metres in height up: 77

Course score: 7.16

performance score: 43 Points