



# 1. Sparkassen-MammutWalk Ahlen

Ahlen (Westf.), Zeche Westfalen / 28.09.2014

## Detailed evaluation

**Gamon, Birgit**

Club: Team NRW

Number: 11080

Course: 11.00 km

HaldenWalk Nordic Walking

Total time: 1:21:47

Speed: 8.07 km/h

metres in height up: 75

Course score: 12.13

performance score: 101 Points