



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

Detailed evaluation

Heckmann, Dagmar

Club: LSF-Unna-2000

Number: 11009

Course: 11.00 km

HaldenWalk Walking

Total time: 1:32:53

Speed: 7.11 km/h

metres in height up: 75

Course score: 12.13

performance score: 89 Points