



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

Detailed evaluation

Börste, Herbert

Club: SV Hebern

Number: 11101

Course: 6.00 km

WerseWalk Nordic Walking

Total time: 1:04:43

Speed: 5.56 km/h

metres in height up: 77

Course score: 7.16

performance score: 40 Points