



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

Detailed evaluation

Rückriem, Sandra

Club: DJK Preußen 1911 Bochum e.V.  
Number: 11022

Course: 11.00 km  
HaldenWalk Walking

Total time: 1:34:55

Speed: 6.95 km/h

metres in height up: 75  
Course score: 12.13

performance score: 87 Points