



## 2. Sparkassen MammutWalk

Ahlen (Westf.), Zeche Westfalen / 27.09.2015

### Detailed evaluation

**Seifert, Susanne**

Club: LiVe - Lauffreife in Versmold  
Number: 11243

Course: 11.00 km

HaldenWalk Nordic Walking

Total time: 1:31:24

Speed: 7.22 km/h

metres in height up: 75

Course score: 12.13

performance score: 90 Points