



### 3. Sparkassen MammutWalk

Ahlen (Westf.), Zeche Westfalen / 18.09.2016

#### Detailed evaluation

Rüssmann, Mechthild

Club: BSG DSW21/DEW21

Number: 22311

Course: 22.00 km

MammutWalk Walking

Total time: 2:49:12

Speed: 7.80 km/h

metres in height up: 107

Course score: 23.61

performance score: 184 Points