



3. Sparkassen MammutWalk

Ahlen (Westf.), Zeche Westfalen / 18.09.2016

Detailed evaluation

Lappe, Rolf

Club: AS Neukirchen-Vluyn

Number: 22362

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:47:56

Speed: 7.86 km/h

metres in height up: 107

Course score: 23.61

performance score: 185 Points