



3. Sparkassen MammutWalk

Ahlen (Westf.), Zeche Westfalen / 18.09.2016

Detailed evaluation

Müller, Olaf

Club: Delta Lauftreff Ahlen

Number: 22370

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:49:18

Speed: 7.80 km/h

metres in height up: 107

Course score: 23.61

performance score: 184 Points