



### 3. Sparkassen MammutWalk

Ahlen (Westf.), Zeche Westfalen / 18.09.2016

#### Detailed evaluation

Freund, Angelika

Club: TuS Jahn Soest

Number: 22351

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:49:31

Speed: 7.79 km/h

metres in height up: 107

Course score: 23.61

performance score: 184 Points