



3. Sparkassen MammutWalk
Ahlen (Westf.), Zeche Westfalen / 18.09.2016

Detailed evaluation

Paczkowski, Dirk

Club: Marathon Soest e. V.
Number: 22365

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:49:33

Speed: 7.79 km/h

metres in height up: 107
Course score: 23.61

performance score: 184 Points