



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

Detailed evaluation

Tillmann, Michael

Club: Buschwalker

Number: 22367

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:51:40

Speed: 7.69 km/h

metres in height up: 107

Course score: 23.61

performance score: 181 Points