



3. Sparkassen MammutWalk

Ahlen (Westf.), Zeche Westfalen / 18.09.2016

Detailed evaluation

Pflugrad, Thomas

Club: AS Neukirchen-Vluyn

Number: 22363

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:53:17

Speed: 7.62 km/h

metres in height up: 107

Course score: 23.61

performance score: 180 Points