



3. Sparkassen MammutWalk

Ahlen (Westf.), Zeche Westfalen / 18.09.2016

Detailed evaluation

Beier, Rudolf

Club: Distel-Walker

Number: 22350

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 3:00:09

Speed: 7.33 km/h

metres in height up: 107

Course score: 23.61

performance score: 173 Points