



3. Sparkassen MammutWalk

Ahlen (Westf.), Zeche Westfalen / 18.09.2016

Detailed evaluation

Niederschierp, Kerstin

Club: Ahlen

Number: 22321

Course: 22.00 km

MammutWalk Walking

Total time: 3:23:53

Speed: 6.47 km/h

metres in height up: 107

Course score: 23.61

performance score: 153 Points