



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

Detailed evaluation

Gommen, Bernd

Club: Nordic Walking Hobbygruppe Ahlen  
Number: 6453

Course: 6.00 km

WerseWalk Nordic Walking

Total time: 44:50

Speed: 8.03 km/h

metres in height up: 77  
Course score: 7.16

performance score: 58 Points