



3. Sparkassen MammutWalk

Ahlen (Westf.), Zeche Westfalen / 18.09.2016

Detailed evaluation

Groh, Marie- Luise

Club: Nordic Walking Hobbygruppe Ahlen

Number: 6454

Course: 6.00 km

WerseWalk Nordic Walking

Total time: 46:15

Speed: 7.78 km/h

metres in height up: 77

Course score: 7.16

performance score: 56 Points