



### 3. Sparkassen MammutWalk

Ahlen (Westf.), Zeche Westfalen / 18.09.2016

#### Detailed evaluation

Koch, Melanie

Club: AS Neukirchen-Vluyn

Number: 6461

Course: 6.00 km

WerseWalk Nordic Walking

Total time: 55:14

Speed: 6.52 km/h

metres in height up: 77

Course score: 7.16

performance score: 47 Points