



3. Sparkassen MammutWalk

Ahlen (Westf.), Zeche Westfalen / 18.09.2016

Detailed evaluation

Nachtigall, Heike

Club: Stadt Bochum Walking-Team

Number: 6464

Course: 6.00 km

WerseWalk Nordic Walking

Total time: 58:20

Speed: 6.17 km/h

metres in height up: 77

Course score: 7.16

performance score: 44 Points