



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

Detailed evaluation

Erdelt, Hildegard

Club: TSV Bentrup - Loßbruch
Number: 11255

Course: 11.00 km

HaldenWalk Nordic Walking

Total time: 1:19:59

Speed: 8.25 km/h

metres in height up: 75

Course score: 12.13

performance score: 103 Points