



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

Detailed evaluation

Sennekamp, Alfons

Club: SV Herbern

Number: 11275

Course: 11.00 km

HaldenWalk Nordic Walking

Total time: 1:27:41

Speed: 7.53 km/h

metres in height up: 75

Course score: 12.13

performance score: 94 Points