



### 3. Sparkassen MammutWalk

Ahlen (Westf.), Zeche Westfalen / 18.09.2016

#### Detailed evaluation

Schüngel, Monika

Club: Wt-Soest

Number: 11221

Course: 11.00 km

HaldenWalk Nordic Walking

Total time: 1:28:34

Speed: 7.45 km/h

metres in height up: 75

Course score: 12.13

performance score: 93 Points