



### 3. Sparkassen MammutWalk

Ahlen (Westf.), Zeche Westfalen / 18.09.2016

#### Detailed evaluation

Groll, Frank

Club: Wt-Soest  
Number: 22366

Course: 22.00 km  
MammutWalk Nordic Walking

Total time: 2:30:23

Speed: 8.78 km/h

metres in height up: 107  
Course score: 23.61

performance score: 207 Points