



3. Sparkassen MammutWalk

Ahlen (Westf.), Zeche Westfalen / 18.09.2016

Detailed evaluation

Nentwig, Petra

Club: TV Beckum Wersewalker

Number: 22356

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:39:41

Speed: 8.27 km/h

metres in height up: 107

Course score: 23.61

performance score: 195 Points