



### 3. Sparkassen MammutWalk

Ahlen (Westf.), Zeche Westfalen / 18.09.2016

#### Detailed evaluation

Häusler, Ralf

Club: LiVe-Lauftreff in Versmold  
Number: 22352

Course: 22.00 km

MammutWalk Nordic Walking

Total time: 2:41:32

Speed: 8.17 km/h

metres in height up: 107

Course score: 23.61

performance score: 193 Points