



11. Walking Day am Mönesee  
Mönesee-Körbecke / 04.06.2016

Detailed evaluation

**Ahlmann, Sabine**

Club: SV Herbern Laufftreff  
Number: 12501

Course: 12.00 km

Intersport-Arndt-Lauf (Nordic Walking)

Total time: 1:55:01

Speed: 6.26 km/h

metres in height up: 218

Course score: 15.27

performance score: 96 Points