



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Beck, Karola

Club: Lauftreff Plaue  
Number: 521

Course: 9.30 km  
Nordic Walking

Total time: 1:34:18

Speed: 5.73 km/h

metres in height up: 158  
Course score: 11.37

performance score: 69 Points