



8. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt

Number: 1007

Course: 9.30 km

10 km Nordic Walking

Total time: 1:05:28

Speed: 8.52 km/h

metres in height up: 158

Course score: 11.37

performance score: 99 Points