



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

**Bode, Elvira**

Club: Heida  
Number: 1015

Course: 9.30 km  
10 km Nordic Walking

Total time: 1:18:54

Speed: 6.84 km/h

metres in height up: 158  
Course score: 11.37  
performance score: 83 Points