



## 9. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 07.04.2012

### Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt

Number: 527

Course: 9.30 km

10 km Nordic Walking

Category:

Nordic Walking Männer

Total time: 1:07:00

Speed: 8.06 km/h

Running performance: 7:12 min/km

Rank in course/Total: 1 (of 37)

Rank in course/Men: 1 (of 13)

Best time in course: 1:07:00

Rank in category: 1(of 13)

Best time in the category: 1:07:00