



## 9. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 07.04.2012

### Detailed evaluation

**Bode, Elvira**

Club: TSV 1899 Heyda

Number: 524

Course: 9.30 km

10 km Nordic Walking

Category:

Nordic Walking Frauen

Total time: 1:16:47

Speed: 7.03 km/h

Running performance: 8:16 min/km

Rank in course/Total: 13 (of 37)

Rank in course/Women: 4 (of 24)

Best time in course: 1:09:47

Rank in category: 4(of 24)

Best time in the category: 1:09:47