



9. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Sorg, Volker

Club: LG Frauenwald
Number: 537

Course: 9.30 km
10 km Nordic Walking

Category:
Nordic Walking Männer

Total time: 1:20:00

Speed: 6.75 km/h
Running performance: 8:36 min/km

Rank in course/Total: 20 (of 37)

Rank in course/Men: 10 (of 13)

Best time in course: 1:07:00

Rank in category: 10(of 13)

Best time in the category: 1:07:00