



10.Ilmenauer Osterlauf \"Rund um die Talsperre Heyda\"

Ilmenau, Ortsteil Heyda / 30.03.2013

Detailed evaluation

Marquardt, Dieter

Club: LAC Rudolstadt

Number: 356

Course: 6.60 km

Nordic Walking

Category:

Nordic Walking Männer

Total time: 57:01

Speed: 6.31 km/h

Running performance: 8:38 min/km

Rank in course/Total: 10 (of 24)

Rank in course/Men: 5 (of 7)

Best time in course: 49:14

Rank in category: 5(of 7)

Best time in the category: 49:14