



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

Ilmenau, Ortsteil Heyda / 30.03.2013

## Detailed evaluation

**Sorg, Volker**

Club: LG Frauenwald

Number: 379

Course: 6.60 km

Nordic Walking

Category:

Nordic Walking Männer

Total time: 1:01:53

Speed: 6.40 km/h

Running performance: 9:23 min/km

Rank in course/Total: 16 (of 24)

Rank in course/Men: 6 (of 7)

Best time in course: 49:14

Rank in category: 6(of 7)

Best time in the category: 49:14