



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

Ilmenau, Ortsteil Heyda / 19.04.2014

## Detailed evaluation

**Helm, Frank**

Club: Mühltaaufverein

Number: 1030

Course: 9.30 km

Nordic Walking

Category:

Nordic Walking Männer

Total time: 1:20:43

Speed: 6.69 km/h

Running performance: 8:41 min/km

Rank in course/Total: 18 (of 33)

Rank in course/Men: 9 (of 9)

Best time in course: 1:07:10

Rank in category: 9(of 9)

Best time in the category: 1:07:10