



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Apel, Kai-Uwe

Club: Zella-Mehlis  
Number: 581

Course: 9.30 km  
Nordic Walking

Category:  
Nordic Walking Männer

Total time: 1:23:12

Speed: 6.49 km/h  
Running performance: 8:57 min/km

Rank in course/Total: 28 (of 44)

Rank in course/Men: 11 (of 14)

Best time in course: 1:00:55

Rank in category: 11(of 14)

Best time in the category: 1:00:55