



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

**Volker, Sorg**

Club: Laugruppe Frauenwald  
Number: 580

Course: 9.30 km  
Nordic Walking

Category:  
Nordic Walking Männer

Total time: 1:28:20

Speed: 6.11 km/h  
Running performance: 9:30 min/km

Rank in course/Total: 35 (of 44)

Rank in course/Men: 12 (of 14)

Best time in course: 1:00:55

Rank in category: 12(of 14)

Best time in the category: 1:00:55