



## 19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

Andrea Krüger

Total time: 1:11:24

Number: 465

Speed: 7.56 km/h

Running performance: 7:40 min/km

Course: 9.30 km

Rank in course/Total: 8 (of 42)

Nordic Walking

Rank in course/Women: 1 (of 29)

Category:

Best time in course: 1:11:24

Nordic Walking Frauen

Rank in category: 1(of 29)

Best time in the category: 1:11:24