



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

Simone Mänz-Radzey

Total time: 1:12:51

Number: 471

Speed: 7.41 km/h

Running performance: 7:49 min/km

Course: 9.30 km

Rank in course/Total: 9 (of 42)

Nordic Walking

Rank in course/Women: 2 (of 29)

Category:

Best time in course: 1:11:24

Nordic Walking Frauen

Rank in category: 2(of 29)

Best time in the category: 1:11:24