



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Sindy Helk

Club: SV Biberau

Number: 457

Course: 9.30 km

Nordic Walking

Category:

Nordic Walking Frauen

Total time: 1:13:50

Speed: 7.31 km/h

Running performance: 7:56 min/km

Rank in course/Total: 10 (of 42)

Rank in course/Women: 3 (of 29)

Best time in course: 1:11:24

Rank in category: 3(of 29)

Best time in the category: 1:11:24