



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

**Silke Spantig**

Club: Abgehts09

Number: 476

Course: 9.30 km

Nordic Walking

Category:

Nordic Walking Frauen

Total time: 1:16:05

Speed: 7.10 km/h

Running performance: 8:10 min/km

Rank in course/Total: 11 (of 42)

Rank in course/Women: 4 (of 29)

Best time in course: 1:11:24

Rank in category: 4(of 29)

Best time in the category: 1:11:24