



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Silvia Kneese

Club: TSV Heyda

Number: 480

Course: 9.30 km

Nordic Walking

Category:

Nordic Walking Frauen

Total time: 1:22:20

Speed: 6.78 km/h

Running performance: 8:51 min/km

Rank in course/Total: 17 (of 42)

Rank in course/Women: 8 (of 29)

Best time in course: 1:11:24

Rank in category: 8(of 29)

Best time in the category: 1:11:24