



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

**Karin Fricke**

Club: Stepweiber Stadtilm

Number: 487

Course: 9.30 km

Nordic Walking

Category:

Nordic Walking Frauen

Total time: 1:29:34

Speed: 6.23 km/h

Running performance: 9:37 min/km

Rank in course/Total: 30 (of 42)

Rank in course/Women: 18 (of 29)

Best time in course: 1:11:24

Rank in category: 18(of 29)

Best time in the category: 1:11:24