



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

Daniela Heyder

Total time: 1:30:15

Number: 460

Speed: 5.98 km/h

Running performance: 9:42 min/km

Course: 9.30 km

Rank in course/Total: 33 (of 42)

Nordic Walking

Rank in course/Women: 20 (of 29)

Best time in course: 1:11:24

Category:

Rank in category: 20(of 29)

Nordic Walking Frauen

Best time in the category: 1:11:24