



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

Sandra Lips

Total time: 1:40:46

Number: 466

Speed: 5.36 km/h

Running performance: 10:50 min/km

Course: 9.30 km

Rank in course/Total: 37 (of 42)

Nordic Walking

Rank in course/Women: 24 (of 29)

Best time in course: 1:11:24

Category:

Rank in category: 24(of 29)

Nordic Walking Frauen

Best time in the category: 1:11:24