



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

**Thorsten Fey**

Club: TriSchmiede Werratal , TV Eitra

Number: 481

Course: 9.30 km

Nordic Walking

Category:

Nordic Walking Männer

Total time: 1:03:59

Speed: 8.44 km/h

Running performance: 6:52 min/km

Rank in course/Total: 3 (of 42)

Rank in course/Men: 3 (of 13)

Best time in course: 1:03:31

Rank in category: 3(of 13)

Best time in the category: 1:03:31