



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

Ilmenau, Ortsteil Heyda / 30.03.2024

## Detailed evaluation

**MARCO Brand**

Club: OKV

Number: 482

Course: 9.30 km

Nordic Walking

Category:

Nordic Walking Männer

Total time: 1:07:21

Speed: 8.02 km/h

Running performance: 7:14 min/km

Rank in course/Total: 4 (of 42)

Rank in course/Men: 4 (of 13)

Best time in course: 1:03:31

Rank in category: 4(of 13)

Best time in the category: 1:03:31