



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

**Frank Cipin**

Club: SV Olympia Neustadt

Number: 453

Course: 9.30 km

Nordic Walking

Category:

Nordic Walking Männer

Total time: 1:09:37

Speed: 7.76 km/h

Running performance: 7:29 min/km

Rank in course/Total: 5 (of 42)

Rank in course/Men: 5 (of 13)

Best time in course: 1:03:31

Rank in category: 5(of 13)

Best time in the category: 1:03:31