



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

**Heiko Krause**

Club: LG Frauenwald

Number: 463

Course: 9.30 km

Nordic Walking

Category:

Nordic Walking Männer

Total time: 1:11:02

Speed: 7.60 km/h

Running performance: 7:38 min/km

Rank in course/Total: 7 (of 42)

Rank in course/Men: 7 (of 13)

Best time in course: 1:03:31

Rank in category: 7(of 13)

Best time in the category: 1:03:31