



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

Ilmenau, Ortsteil Heyda / 30.03.2024

### Detailed evaluation

**Frank Lübeck**

Club: HSV Weimar

Number: 468

Course: 9.30 km

Nordic Walking

Category:

Nordic Walking Männer

Total time: 1:18:28

Speed: 6.88 km/h

Running performance: 8:26 min/km

Rank in course/Total: 14 (of 42)

Rank in course/Men: 8 (of 13)

Best time in course: 1:03:31

Rank in category: 8(of 13)

Best time in the category: 1:03:31