



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Wolfgang Laubinger

Number: 489

Course: 9.30 km

Nordic Walking

Category:

Nordic Walking Männer

Total time: 1:23:08

Speed: 6.50 km/h

Running performance: 8:56 min/km

Rank in course/Total: 20 (of 42)

Rank in course/Men: 11 (of 13)

Best time in course: 1:03:31

Rank in category: 11(of 13)

Best time in the category: 1:03:31