



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Olaf Ziermann

Total time: 1:20:01

Number: 479

Speed: 6.75 km/h

Running performance: 8:36 min/km

Course: 9.30 km

Rank in course/Total: 15 (of 42)

Nordic Walking

Rank in course/Men: 9 (of 13)

Best time in course: 1:03:31

Category:

Rank in category: 9(of 13)

Nordic Walking Männer

Best time in the category: 1:03:31