



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Spilling, Jochen

Club: Holzhausen
Number: 450

Course: 9.30 km
Kurze Strecke

Category:
Männer M60

Total time: 48:56

Speed: 11.04 km/h
Running performance: 5:16 min/km

Rank in course/Total: 95 (of 190)

Rank in course/Men: 84 (of 137)

Best time in course: 30:56

Rank in category: 5(of 9)

Best time in the category: 40:23