



Alteburglauf 2008  
Arnstadt / 02.05.2008

## Detailed evaluation

Spilling, Jochen

Number: 328

Course: 10.00 km  
Hauptlauf

Category:  
Männer M60

Total time: 53:55

Speed: 11.13 km/h

Running performance: 5:23 min/km

Rank in course/Total: 62 (of 79)

Rank in course/Men: 51 (of 60)

Best time in course: 37:27

Rank in category: 4(of 5)

Best time in the category: 43:29