



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Spilling, Jochen

Club: Holzhausen
Number: 850

Course: 10.00 km
Hauptlauf

Category:
Männer M60

Total time: 53:43

Speed: 11.17 km/h
Running performance: 5:22 min/km

Rank in course/Total: 90 (of 114)

Rank in course/Men: 73 (of 87)

Best time in course: 35:32

Rank in category: 3(of 3)

Best time in the category: 43:17