



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Spilling, Jochen

Club: Holzhausen
Number: 188

Course: 9.30 km
Kurze Strecke

Category:
Männer M65

Total time: 53:27

Speed: 10.10 km/h
Running performance: 5:45 min/km

Rank in course/Total: 227 (of 307)

Rank in course/Men: 185 (of 222)

Best time in course: 31:22

Rank in category: 4(of 9)

Best time in the category: 45:41