



36. Alteburglauf 2014

Arnstadt / 30.04.2014

Detailed evaluation

Spilling, Jochen

Club: Holzhausen

Number: 431

Course: 10.00 km

Hauptlauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:00:05

Speed: 9.99 km/h

Running performance: 6:01 min/km

Rank in course/Total: 116 (of 133)

Rank in course/Men: 97 (of 104)

Best time in course: 37:28

Rank in category: 3(of 4)

Best time in the category: 50:56