



12. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Spilling, Jochen

Club: Holzhausen
Number: 312

Course: 9.30 km
Kurze Strecke

Category:
Senioren M70 (70-74 Jahre)

Total time: 57:51

Speed: 9.33 km/h
Running performance: 6:13 min/km

Rank in course/Total: 360 (of 404)

Rank in course/Men: 228 (of 306)

Best time in course: 32:04

Rank in category: 3(of 5)

Best time in the category: 48:17