



36. Kienberglauf  
Oehrenstock / 25.09.2016

Detailed evaluation

**Spilling, Jochen**

Club: Holzhausen  
Number: 743

Course: 11.00 km  
11 km Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:10:31

Speed: 9.36 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 39 (of 44)

Rank in course/Men: 26 (of 27)

Best time in course: 43:20

Rank in category: 1(of 1)

Best time in the category: 1:10:31