



14. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

SPILLING, Jochen

Club: Holzhausen
Number: 149

Course: 9.30 km
Kurze Strecke

Category:
Senioren M70 (70-74 Jahre)

Total time: 55:12

Speed: 9.78 km/h
Running performance: 5:56 min/km

Rank in course/Total: 232 (of 325)

Rank in course/Men: 182 (of 217)

Best time in course: 31:13

Rank in category: 1(of 3)

Best time in the category: 55:12