



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: 10.11 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