



14. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

**SPILLING, Frank**

Club: Laufgruppe Spilling  
Number: 148

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 56:05

Speed: 9.63 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 242 (of 325)

Rank in course/Men: 190 (of 217)

Best time in course: 31:13

Rank in category: 26(of 28)

Best time in the category: 33:12