



40. Alteburglauf  
Arnstadt / 04.05.2018

## Detailed evaluation

### Spilling, Jochen

Club: Laufftreff Arnstadt Alteburg  
Number: 319

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:03:22

Speed: 9.47 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 101 (of 111)

Rank in course/Men: 71 (of 75)

Best time in course: 36:15

Rank in category: 1(of 2)

Best time in the category: 1:03:22