



41. Alteburglauf
Arnstadt / 03.05.2019

Detailed evaluation

Spilling, Jochen

Club: Amt Wachsenberg
Number: 288

Course: 10.60 km
Hauptlauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:18:48

Speed: 8.07 km/h
Running performance: 7:26 min/km

Rank in course/Total: 108 (of 109)

Rank in course/Men: 84 (of 85)

Best time in course: 39:48

Rank in category: 1(of 1)

Best time in the category: 1:18:48