



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: 7.61 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