



16. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Spilling, Jochen

Club: Ohne
Number: 184

Course: 9.30 km
Kurze Strecke

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:05:59

Speed: 8.18 km/h
Running performance: 7:05 min/km

Rank in course/Total: 296 (of 321)

Rank in course/Men: 183 (of 189)

Best time in course: 32:19

Rank in category: 4(of 6)

Best time in the category: 53:50