



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

**Spindler, Franz**

Club: Nordic Club Liechtenstein  
Number: 185

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M35 (35-39 Jahre)

Total time: 35:29

Speed: 15.22 km/h  
Running performance: 3:49 min/km

Rank in course/Total: 8 (of 321)

Rank in course/Men: 8 (of 189)

Best time in course: 32:19

Rank in category: 4(of 20)

Best time in the category: 33:11