



Alteburglauf 2009
Arnstadt / 30.04.2009

Detailed evaluation

Föt, Sören

Club: Sportteam Steinbach Meinigen
Number: 102

Course: 10.00 km
Hauptlauf

Category:
Männer M20

Total time: 38:26

Speed: 15.61 km/h
Running performance: 3:50 min/km

Rank in course/Total: 3 (of 114)

Rank in course/Men: 3 (of 87)

Best time in course: 35:32

Rank in category: 2(of 13)

Best time in the category: 35:32