



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Föt, Sören

Club: Sportteam - STEINBACH Meiningen  
Number: 451

Course: 18.50 km  
Lange Strecke

Category:  
Männer M20

Total time: 1:08:12

Speed: 16.28 km/h  
Running performance: 3:41 min/km

Rank in course/Total: 4 (of 157)

Rank in course/Men: 4 (of 136)

Best time in course: 1:00:28

Rank in category: 3(of 18)

Best time in the category: 1:00:28