



## 9. Ilmenauer Osterlauf

Ilmenau, Ortsteil Heyda / 07.04.2012

### Detailed evaluation

**Föt, Sören**

Club: LSV Lok Arnstadt

Number: 449

Course: 18.50 km

Lange Strecke

Category:

Männer M20

Total time: 1:09:56

Speed: 15.44 km/h

Running performance: 3:47 min/km

Rank in course/Total: 5 (of 165)

Rank in course/Men: 5 (of 144)

Best time in course: 1:02:22

Rank in category: 3(of 24)

Best time in the category: 1:02:22