



41. Alteburglauf  
Arnstadt / 03.05.2019

## Detailed evaluation

**Föt, Sören**

Club: GutsMuths Rennsteiglaufverein  
Number: 425

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

**Total time: 1:31:11**

Speed: 13.88 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 3 (of 56)

Rank in course/Men: 3 (of 49)

Best time in course: 1:30:09

Rank in category: 2(of 7)

Best time in the category: 1:30:09