



42. Alteburglauf  
Arnstadt / 10.09.2021

## Detailed evaluation

Föt, Sören

Club: Arnstadt  
Number: 17

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 46:30

Speed: 12.90 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 3 (of 46)

Rank in course/Men: 3 (of 33)

Best time in course: 41:51

Rank in category: 1(of 5)

Best time in the category: 46:30