



43. Alteburglauf  
Arnstadt / 06.05.2022

## Detailed evaluation

Föt, Sören

Club: Arnstadt  
Number: 72

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 47:00

Speed: 12.77 km/h  
Running performance: 4:26 min/km

Rank in course/Total: 12 (of 86)

Rank in course/Men: 12 (of 61)

Best time in course: 40:39

Rank in category: 2(of 5)

Best time in the category: 42:34