



Pollmeierlauf Creuzburg  
Creuzburg / 24.04.2010

## Detailed evaluation

**Görlach, Folker**

Club: Hainichläufer  
Number: 31

Course: 14.14 km  
14 km-Lauf

Category:  
Männer M70

Total time: 1:22:33

Speed: 10.18 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 58 (of 73)

Rank in course/Men: 51 (of 59)

Best time in course: 53:22

Rank in category: 1(of 2)

Best time in the category: 1:22:33