



7. Trefffurter Stadtlauf
Treffurt / 11.09.2010

Detailed evaluation

Görlach, Folker

Club: Hainichläufer Mühlhausen
Number: 2216

Course: 10.60 km
Geländelauf lang

Category:
Männer M70

Total time: 56:10

Speed: 10.68 km/h
Running performance: 5:18 min/km

Rank in course/Total: 108 (of 163)

Rank in course/Men: 98 (of 136)

Best time in course: 35:03

Rank in category: 1(of 3)

Best time in the category: 56:10