



18. Gothaer Citylauf  
Gotha / 08.05.2011

Detailed evaluation

Görlach, Folker

Club: Hainichläufer Mühlhausen  
Number: 60

Course: 10.00 km  
City-Lauf

Category:  
Männer M70

Total time: 53:17

Speed: 11.26 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 140 (of 247)

Rank in course/Men: 132 (of 202)

Best time in course: 32:35

Rank in category: 2(of 5)

Best time in the category: 45:47