



8. Trefffurter Stadtlauf  
Treffurt / 10.09.2011

Detailed evaluation

Görlach, Folker

Club: Hainichläufer Mühlhausen  
Number: 3021

Course: 10.60 km  
Geländelauf lang

Category:  
Männer M70

Total time: 1:02:31

Speed: 9.60 km/h  
Running performance: 5:54 min/km

Rank in course/Total: 165 (of 199)

Rank in course/Men: 141 (of 160)

Best time in course: 35:07

Rank in category: 2(of 4)

Best time in the category: 48:34