



Winterlaufserie 2012, 1. Lauf  
Creuzburg / 29.01.2012

Detailed evaluation

Görlach, Folker

Club: Hainichläufer Mühlhausen  
Number: 300

Course: 11.30 km  
Langdistanz

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:01:18

Speed: 10.77 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 72 (of 81)

Rank in course/Men: 61 (of 68)

Best time in course: 37:22

Rank in category: 1(of 1)

Best time in the category: 1:01:18