



dayfit City-Lauf Gotha - 19. Gothaer City-Lauf  
Gotha / 29.04.2012

Detailed evaluation

Görlach, Folker

Club: Heinichläufer Mühlhausen  
Number: 318

Course: 10.50 km  
City-Lauf

Category:  
Männer M70

Total time: 1:10:00

Speed: 9.00 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 160 (of 186)

Rank in course/Men: 138 (of 154)

Best time in course: 35:39

Rank in category: 5(of 5)

Best time in the category: 57:46