



9. Trefffurter Stadtlauf  
Treffurt / 15.09.2012

Detailed evaluation

Görlach, Folker

Club: Mühlhausen  
Number: 2843

Course: 10.60 km  
Geländelauf lang

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:00:33

Speed: 9.91 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 164 (of 190)

Rank in course/Men: 134 (of 151)

Best time in course: 34:15

Rank in category: 4(of 4)

Best time in the category: 52:06