



Winterlaufserie des ELV 2013  
Creuzburg / 24.03.2013

Detailed evaluation

Görlach, Folker

Club: Hainichläufer  
Number: 809

Course: 11.30 km  
3. Lauf Langdistanz

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:01:07

Speed: 11.09 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 46 (of 57)

Rank in course/Men: 37 (of 43)

Best time in course: 36:59

Rank in category: 1(of 2)

Best time in the category: 1:01:07