



3Türmelauf  
Bad Langensalza / 21.04.2013

## Detailed evaluation

**Görlach, Folker**

Club: Hainichläufer Mühlhausen  
Number: 94

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:05:05

Speed: 11.06 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 74 (of 148)

Rank in course/Men: 69 (of 114)

Best time in course: 43:53

Rank in category: 1(of 1)

Best time in the category: 1:05:05