



20. Gothaer City-Lauf

Gotha / 12.05.2013

Detailed evaluation

Görlach, Folker

Club: Hainichläufer Mühlhausen

Number: 81

Course: 11.10 km

City-Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 58:35

Speed: 11.37 km/h

Running performance: 5:17 min/km

Rank in course/Total: 157 (of 228)

Rank in course/Men: 135 (of 183)

Best time in course: 35:56

Rank in category: 3(of 6)

Best time in the category: 50:30