



4. Winterlaufserie 2014, Lauf 3  
Creuzburg / 30.03.2014

Detailed evaluation

Görlach, Folker

Club: Hainichläufer  
Number: 119

Course: 11.30 km  
Langdistanz

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:01:02

Speed: 10.81 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 54 (of 62)

Rank in course/Men: 48 (of 54)

Best time in course: 40:41

Rank in category: 2(of 3)

Best time in the category: 59:26