



## 11. Trefffurter Stadtlauf

Treffurt / 13.09.2014

### Detailed evaluation

**Görlach, Folker**

Club: Hainichläufer Mühlhausen

Number: 5032

Course: 10.60 km

Geländelauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 1:07:57

Speed: 8.83 km/h

Running performance: 6:40 min/km

Rank in course/Total: 143 (of 149)

Rank in course/Men: 111 (of 115)

Best time in course: 35:35

Rank in category: 4(of 4)

Best time in the category: 55:51