



23. Karbener Stadtlauf  
Klein-Karben / 12.08.2012

Detailed evaluation

**Metzger, Allan**

Club: Dietzenbach  
Number: 178

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:46:38

Speed: 11.82 km/h  
Running performance: 5:03 min/km

Rank in course/Total: 75 (of 177)

Rank in course/Men: 71 (of 144)

Best time in course: 1:12:48

Rank in category: 1(of 6)

Best time in the category: 1:46:38