



27. Karbener Stadtlauf  
Klein-Karben / 07.08.2016

Detailed evaluation

Hahn, Roland

Club: VLG Niedersteinbach  
Number: 2720

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 53:18

Speed: 11.26 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 79 (of 157)

Rank in course/Men: 66 (of 114)

Best time in course: 33:33

Rank in category: 11(of 20)

Best time in the category: 45:11