



27. Karbener Stadtlauf
Klein-Karben / 07.08.2016

Detailed evaluation

Flakowski, Rolf

Club: Bio Runner Rhein-Main
Number: 2350

Course: 21.10 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:47:46

Speed: 11.69 km/h
Running performance: 5:07 min/km

Rank in course/Total: 52 (of 131)

Rank in course/Men: 48 (of 102)

Best time in course: 1:20:50

Rank in category: 9(of 17)

Best time in the category: 1:32:24