



28. Karbener Stadtlauf  
Klein-Karben / 13.08.2017

Detailed evaluation

**Bender, Karlheinz**

Club: ASC Marathon Friedberg  
Number: 2925

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 48:08

Speed: 12.47 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 52 (of 205)

Rank in course/Men: 47 (of 134)

Best time in course: 33:11

Rank in category: 3(of 16)

Best time in the category: 42:52