



28. Karbener Stadtlauf  
Klein-Karben / 13.08.2017

Detailed evaluation

Hahn, Roland

Club: VLG Niedersteinbach  
Number: 449

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 49:18

Speed: 12.17 km/h  
Running performance: 4:56 min/km

Rank in course/Total: 57 (of 205)

Rank in course/Men: 50 (of 134)

Best time in course: 33:11

Rank in category: 9(of 17)

Best time in the category: 43:04