



28. Karbener Stadtlauf  
Klein-Karben / 13.08.2017

Detailed evaluation

**Meder, Walter**

Club: VLG Niedersteinbach  
Number: 450

Course: 10.00 km  
10 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:00:44

Speed: 9.88 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 151 (of 205)

Rank in course/Men: 107 (of 134)

Best time in course: 33:11

Rank in category: 9(of 16)

Best time in the category: 42:52