



28. Karbener Stadtlauf  
Klein-Karben / 13.08.2017

Detailed evaluation

**GASSE, Bernd**

Club: Team Harz  
Number: 1367

Course: 5.40 km  
Jedermannlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 31:53

Speed: 10.16 km/h  
Running performance: 5:54 min/km

Rank in course/Total: 31 (of 71)

Rank in course/Men: 23 (of 33)

Best time in course: 20:35

Rank in category: 2(of 4)

Best time in the category: 31:43