



28. Karbener Stadtlauf  
Klein-Karben / 13.08.2017

Detailed evaluation

Flakowski, Rolf

Club: bio runner rhein main  
Number: 2429

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:51:30

Speed: 11.35 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 80 (of 151)

Rank in course/Men: 70 (of 124)

Best time in course: 1:16:09

Rank in category: 14(of 29)

Best time in the category: 1:25:51