



28. Karbener Stadtlauf  
Klein-Karben / 13.08.2017

Detailed evaluation

Lahdo, Somar

Club: Rosbach  
Number: 2428

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:00:03

Speed: 10.50 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 118 (of 151)

Rank in course/Men: 102 (of 124)

Best time in course: 1:16:09

Rank in category: 14(of 17)

Best time in the category: 1:26:09