I. Hahlomma showed that uniform control of local averages of Menger curvature of a 1-Ahlfors-regular set $K$, allow one to obtain a 1-Ahlfors-regular curve containing $K$. We show the converse to this theorem, i.e. that for a 1-Ahlfors-regular curve we have uniform control of local averages of Menger curvature. All of this is done in the setting of an abstract metric space. Thus giving a characterization of 1-Ahlfors-regular subset of 1-Ahlfors-regular curves in a metric space.