



1. Abbel-Lauf des TSV Berkersheim  
Frankfurt Berkersheim / 07.09.2014

Detailed evaluation

Völp, Thomas

Club: Frick Triathlon  
Number: 56

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-49 Jahre)

Total time: 54:44

Speed: 10.96 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 20 (of 33)

Rank in course/Men: 17 (of 26)

Best time in course: 43:15

Rank in category: 8(of 10)

Best time in the category: 43:15