



1. Abbel-Lauf des TSV Berkersheim

Frankfurt Berkersheim / 07.09.2014

Detailed evaluation

Saul, Christoph

Club: Frankfurt

Number: 4

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 55:05

Speed: 10.89 km/h

Running performance: 5:31 min/km

Rank in course/Total: 23 (of 33)

Rank in course/Men: 19 (of 26)

Best time in course: 43:15

Rank in category: 9(of 10)

Best time in the category: 43:15