



1. Abbel-Lauf des TSV Berkersheim

Frankfurt Berkersheim / 07.09.2014

Detailed evaluation

Kakur, Naim

Club: Frika Triathlon

Number: 55

Course: 10.00 km

Hauptlauf

Category:

Senioren M50 (50-59 Jahre)

Total time: 45:12

Speed: 13.27 km/h

Running performance: 4:31 min/km

Rank in course/Total: 4 (of 33)

Rank in course/Men: 3 (of 26)

Best time in course: 43:15

Rank in category: 1(of 11)

Best time in the category: 45:12