



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

Detailed evaluation

Molinski, Maik

Club: BSG Triathlon HELABA
Number: 17

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-49 Jahre)

Total time: 45:33

Speed: 13.17 km/h
Running performance: 4:34 min/km

Rank in course/Total: 5 (of 33)

Rank in course/Men: 4 (of 26)

Best time in course: 43:15

Rank in category: 3(of 10)

Best time in the category: 43:15