

Description of Additional Supplementary Files

Supplementary Video 1

Description: Video of all simulation frames of the C α -based diffusion experiments of the human Mic60-Mic19 model in the catenoid. 200 spheres, here with the radius of 1.5 nm, were allowed to pass through the junction. There were no repulsion forces between the spheres, only between the spheres and the complex or the catenoid, allowing them all to be simulated simultaneously.