



12. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2008

Detailed evaluation

**Sagert, Heiko**

Club: Recyclingteam MRG / Seeboth  
Number: 1848

Course: 10.00 km  
Hauptlauf

Category:  
Männer M35

Total time: 45:43

Speed: 13.12 km/h  
Running performance: 4:34 min/km

Rank in course/Total: 75 (of 202)

Rank in course/Men: 71 (of 161)

Best time in course: 31:09

Rank in category: 10(of 21)

Best time in the category: 37:10