



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

**Sagert, Heiko**

Club: MRG Recycling Mhl  
Number: 2080

Course: 10.00 km  
Hauptlauf

Category:  
Männer M35

Total time: 44:01

Speed: 13.63 km/h  
Running performance: 4:24 min/km

Rank in course/Total: 45 (of 182)

Rank in course/Men: 43 (of 159)

Best time in course: 35:53

Rank in category: 10(of 18)

Best time in the category: 38:42