



14. Mühlhäuser Altstadtlauf  
Mühlhausen / 28.08.2010

Detailed evaluation

Sagert, Heiko

Club: MRG-power-team  
Number: 1541

Course: 10.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 43:33

Speed: 13.78 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 45 (of 189)

Rank in course/Men: 42 (of 151)

Best time in course: 32:11

Rank in category: 11(of 21)

Best time in the category: 38:34