



16. Mühlhäuser Altstadtlauf
Mühlhausen / 25.08.2012

Detailed evaluation

Sagert, Heiko

Club: PSG Johannistal
Number: 2014

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 43:36

Speed: 13.76 km/h
Running performance: 4:22 min/km

Rank in course/Total: 40 (of 161)

Rank in course/Men: 40 (of 133)

Best time in course: 33:29

Rank in category: 7(of 22)

Best time in the category: 38:16