



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

**Sagert, Heiko**

Club: MRY-Team  
Number: 587

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 31:42

Speed: 9.46 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 118 (of 137)

Rank in course/Men: 86 (of 96)

Best time in course: 17:31

Rank in category: 3(of 4)

Best time in the category: 19:05