



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

Sagert, Heiko

Club: MRY-Team

Number: 2219

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 58:13

Speed: 10.31 km/h

Running performance: 5:49 min/km

Rank in course/Total: 146 (of 167)

Rank in course/Men: 122 (of 130)

Best time in course: 34:30

Rank in category: 12(of 13)

Best time in the category: 38:33