



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Sagert, Heiko

Club: Mrg

Number: 848

Course: 5.00 km

5 km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 29:18

Speed: 10.24 km/h

Running performance: 5:52 min/km

Rank in course/Total: 117 (of 152)

Rank in course/Men: 91 (of 108)

Best time in course: 16:38

Rank in category: 5(of 8)

Best time in the category: 23:44