



18. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2014

Detailed evaluation

Sagert, Heiko

Club: Mrg

Number: 2392

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 56:06

Speed: 10.70 km/h

Running performance: 5:37 min/km

Rank in course/Total: 135 (of 170)

Rank in course/Men: 115 (of 136)

Best time in course: 31:29

Rank in category: 21(of 24)

Best time in the category: 37:19