



21. Mühlhäuser Altstadtlauf  
Mühlhausen / 26.08.2017

Detailed evaluation

Sagert, Heiko

Club: Mrc gmbh  
Number: 1163

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 29:13

Speed: 10.27 km/h

Rank in course/Total: 128 (of 184)

Rank in course/Men: 82 (of 106)

Best time in course: 17:30

Rank in category: 8(of 8)

Best time in the category: 18:22