



22. Mühlhäuser Altstadtlauf
Mühlhausen / 25.08.2018

Detailed evaluation

Sagert, Heiko

Club: MRC Betriebssportgruppe
Number: 1062

Course: 5.00 km
5 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 21:17

Speed: 14.10 km/h
Running performance: 4:16 min/km

Rank in course/Total: 33 (of 226)

Rank in course/Men: 32 (of 152)

Best time in course: 17:31

Rank in category: 4(of 11)

Best time in the category: 19:36