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Although a fall dropped U.S. gymnast **Sam Mikulak** out of medal contention in the all-around final at the World Championships that ended Sunday in Stuttgart, he said his seventh-place finish was even more satisfying than his fifth-place finish at the 2018 Worlds in Doha.

“Last year was a lot rougher because I did things I shouldn’t have,” said Mikulak, who fell on pommel horse in the fifth of six rotations in the all-around final in Stuttgart. “This time, I did everything I wanted to. It just didn’t end up my way. I’m going have to be a little better technically going forward.”

Mikulak, who went on to finish fifth on high bar in the apparatus finals on Sunday, his 27th birthday, saw the upside of his all-around ranking.

“In a way it helps me manage my expectations,” he said. “Going forward, if I ever have a bad day, I know I can turn it around right away. There’s nothing against performing bad because I know my true potential out there.”

Read complete coverage of the 2019 World Championships in the November 2019 issue of *International Gymnast* magazine. To subscribe to the print and/or digital editions, [click here](#)