



Bödefelder Hollenlauf/ -Marsch  
Bödefeld / 19.05.2012

## Detailed evaluation

**Segref, Helmut**

Club: TV 1896 Gleidorf  
Number: 733

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M60

Total time: 2:14:04

Speed: 9.40 km/h  
Running performance: 6:23 min/km

Rank in course/Total: 25 (of 56)

Rank in course/Men: 21 (of 40)

Best time in course: 1:30:47

Rank in category: 2(of 3)

Best time in the category: 1:55:45