



10. Werraenergie Pleßlauf  
Breitungen / 18.08.2013

Detailed evaluation

Matz, Erich

Club: Rhönblick  
Number: 430

Course: 10.50 km  
10 km Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 54:59

Speed: 10.91 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 62 (of 127)

Rank in course/Men: 56 (of 91)

Best time in course: 40:21

Rank in category: 8(of 10)

Best time in the category: 44:47