



13. Werraenergie Pleßlauf  
Breitungen / 21.08.2016

Detailed evaluation

**Könitzer, Matthias**

Club: Benshausen  
Number: 55

Course: 10.50 km  
10 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 47:50

Speed: 13.17 km/h  
Running performance: 4:34 min/km

Rank in course/Total: 7 (of 66)

Rank in course/Men: 6 (of 47)

Best time in course: 39:26

Rank in category: 1(of 3)

Best time in the category: 47:50