



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Ditter, Matthias**

Club: Mannheim

Number: 237

Course: 5.57 km

6 km Run

Category:

Männer M45

Total time: 31:16

Speed: 9.59 km/h

Running performance: 5:37 min/km

Rank in course/Total: 90 (of 158)

Rank in course/Men: 73 (of 104)

Best time in course: 20:14

Rank in category: 9(of 15)

Best time in the category: 21:11