



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Eisenacher, Stephan**

Club: Weinheim

Number: 692

Course: 11.30 km

11,3 km Run

Category:

Männer M20

Total time: 57:15

Speed: 11.53 km/h

Running performance: 5:04 min/km

Rank in course/Total: 89 (of 182)

Rank in course/Men: 82 (of 135)

Best time in course: 40:15

Rank in category: 6(of 12)

Best time in the category: 47:03