



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Ward, Joann**

Club: HDB International Marathon

Number: 704

Enduro Long Men

Category:

Frauen W40

Total time: 54:20

Speed: - km/h

Running performance: 4:49 min/km

Rank in course/Total: 60 (of 182)

Rank in course/Women: 6 (of 47)

Best time in course: 48:20

Rank in category: 2(of 7)

Best time in the category: 53:51