



Helbing King of Cross  
Mühlberg / 30.10.2016

## Detailed evaluation

**Joa, Ingeborg**

Club: Elfershausen  
Number: 1017

Course: 17.60 km  
Expert

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 2:15:49

Speed: 7.51 km/h  
Running performance: 7:43 min/km

Rank in course/Total: 352 (of 528)

Rank in course/Women: 29 (of 79)

Best time in course: 1:35:01

Rank in category: 1(of 1)

Best time in the category: 2:15:49