



# Jonastaler Challenge 2023 - powered by Sparkasse Arnstadt-Ilmenau

Jonastal 33 in Arnstadt / 02.07.2023

## Detailed evaluation

**Jens Spitzbart**

Club: SSV Gera 1990  
Number: 159

Course: 24.81 km  
Erwachsene

Category:  
Jedermann Senioren 3

Total time: 38:10

Speed: 37.73 km/h  
Running performance: 1:32 min/km

Rank in course/Total: 42 (of 142)

Rank in course/Men: 40 (of 126)

Best time in course: 32:21

Rank in category: 4(of 21)

Best time in the category: 35:10

## Intermediate times

## Stage score

## Total ranking

| Control     | Split | Split | Split  | Pos  | Behind | Pos | Behind | Total | Total | Total  | Pos  | Behind | Pos | Behind |
|-------------|-------|-------|--------|------|--------|-----|--------|-------|-------|--------|------|--------|-----|--------|
|             | km    | Time  | min/km | Cat. | Cat.   | Men | Men    | km    | Time  | min/km | Cat. | Cat.   | Men | Men    |
| Wendestelle | 12.41 | 23:53 | 1:55   | 4    | 2:52   | 49  | 4:29   | 12.41 | 23:53 | 1:55   | 22   | 2:52   | 127 | 4:29   |
| Finish      | 12.41 | 14:18 | 1:09   | 3    | 0:26   | 21  | 1:29   | 24.81 | 38:10 | 1:32   | 4    | 3:00   | 40  | 5:49   |