



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