



Jonastaler Challenge 2023 - powered by Sparkasse Arnstadt-Ilmenau
Jonastal 33 in Arnstadt / 02.07.2023

Detailed evaluation

Jörg Haak

Number: 161

Course: 24.81 km
Erwachsene

Category:
Jedermann Senioren 3

Total time: 38:44

Speed: 37.18 km/h

Running performance: 1:33 min/km

Rank in course/Total: 48 (of 142)

Rank in course/Men: 46 (of 126)

Best time in course: 32:21

Rank in category: 5(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	24:10	1:56	5	3:09	55	4:46	12.41	24:10	1:56	22	3:09	127	4:46
Finish	12.41	14:34	1:10	5	0:42	29	1:45	24.81	38:44	1:33	5	3:34	46	6:23