



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

Detailed evaluation

Jens Koehler

Total time: 42:04

Number: 169

Speed: 35.39 km/h

Running performance: 1:41 min/km

Course: 24.81 km

Rank in course/Total: 84 (of 142)

Erwachsene

Rank in course/Men: 81 (of 126)

Category:

Best time in course: 32:21

Jedermann Senioren 3

Rank in category: 13(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	26:19	2:07	13	5:18	87	6:55	12.41	26:19	2:07	22	5:18	127	6:55
Finish	12.41	15:46	1:16	13	1:54	72	2:57	24.81	42:04	1:41	13	6:54	81	9:43