



Jonastaler Challenge 2023 - powered by Sparkasse Arnstadt-Ilmenau

Jonastal 33 in Arnstadt / 02.07.2023

Detailed evaluation

Marco Heinz

Club: Speedskating Arnstadt e.V.
Number: 154

Course: 24.81 km
Erwachsene

Category:
Jedermann Senioren 3

Total time: 45:14

Speed: 31.83 km/h
Running performance: 1:49 min/km

Rank in course/Total: 117 (of 142)

Rank in course/Men: 105 (of 126)

Best time in course: 32:21

Rank in category: 17(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	28:27	2:17	17	7:26	106	9:03	12.41	28:27	2:17	22	7:26	127	9:03
Finish	12.41	16:48	1:21	17	2:56	102	3:59	24.81	45:14	1:49	17	10:04	105	12:53