



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 km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind 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 |