



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

Detailed evaluation

Ruediger Kriwitzki

Club: Ltv Erfurt
Number: 283

Course: 24.81 km
Erwachsene

Category:
Jedermann Senioren 4

Total time: 42:42

Speed: 33.72 km/h
Running performance: 1:43 min/km

Rank in course/Total: 92 (of 142)

Rank in course/Men: 87 (of 126)

Best time in course: 32:21

Rank in category: 8(of 17)

Best time in the category: 38:00

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	26:04	2:06	7	3:01	83	6:40	12.41	26:04	2:06	18	3:01	127	6:40
Finish	12.41	16:38	1:20	10	1:41	96	3:49	24.81	42:42	1:43	8	4:42	87	10:21