



Jonastaler Challenge 2023 - powered by Sparkasse Arnstadt-Ilmenau

Jonastal 33 in Arnstadt / 02.07.2023

Detailed evaluation

Nils Rutkowski

Club: RSV Blau-Weiß Meiningen

Number: 285

Course: 24.81 km

Erwachsene

Category:

Jedermann Senioren 4

Total time: 46:17

Speed: 31.11 km/h

Running performance: 1:51 min/km

Rank in course/Total: 122 (of 142)

Rank in course/Men: 109 (of 126)

Best time in course: 32:21

Rank in category: 14(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	28:43	2:18	15	5:40	111	9:19	12.41	28:43	2:18	18	5:40	127	9:19
Finish	12.41	17:35	1:25	12	2:38	111	4:46	24.81	46:17	1:51	14	8:17	109	13:56