



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 |