



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

Detailed evaluation

Achim Kintzel

Total time: 48:27

Number: 284

Speed: 29.72 km/h

Running performance: 1:57 min/km

Course: 24.81 km

Rank in course/Total: 133 (of 142)

Erwachsene

Rank in course/Men: 117 (of 126)

Category:

Best time in course: 32:21

Jedermann Senioren 4

Rank in category: 15(of 17)

Best time in the category: 38:00

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	25:28	2:03	2	2:25	76	6:04	12.41	25:28	2:03	18	2:25	127	6:04
Finish	12.41	22:59	1:51	17	8:02	126	10:10	24.81	48:27	1:57	15	10:27	117	16:06