



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

Detailed evaluation

Adele Luise Kerst

Club: RSV Adler Arnstadt e.V.  
 Number: 82

Course: 8.83 km  
 Nachwuchs

Category:  
 U13 weiblich

Total time: 18:23

Speed: 26.11 km/h  
 Running performance: 2:04 min/km

Rank in course/Total: 50 (of 57)  
 Rank in course/Women: 16 (of 20)  
 Best time in course: 13:56

Rank in category: 2(of 5)  
 Best time in the category: 17:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Wendestelle	4.42	10:56	2:28	2	0:59	16	2:49	4.42	10:56	2:28	6	0:59	21	2:49
Finish	4.42	7:27	1:41	2	0:20	16	1:38	8.83	18:23	2:04	2	1:19	16	4:27