



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

Detailed evaluation

Sebastian Gruß

Number: 181

Course: 24.81 km
Erwachsene

Category:
Jedermann Senioren 1

Total time: 43:21

Speed: 33.22 km/h

Running performance: 1:44 min/km

Rank in course/Total: 100 (of 142)

Rank in course/Men: 94 (of 126)

Best time in course: 32:21

Rank in category: 24(of 31)

Best time in the category: 32:38

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	27:09	2:11	24	7:30	97	7:45	12.41	27:09	2:11	32	7:30	127	7:45
Finish	12.41	16:12	1:18	23	3:12	88	3:23	24.81	43:21	1:44	24	10:43	94	11:00