



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

Detailed evaluation

Matthias Höch

Club: R.I.T.Z.E.L.R.O.C.K.E.T.S
Number: 256

Course: 24.81 km
Erwachsene

Category:
Jedermann Senioren 2

Total time: 38:23

Speed: 37.52 km/h
Running performance: 1:32 min/km

Rank in course/Total: 44 (of 142)

Rank in course/Men: 42 (of 126)

Best time in course: 32:21

Rank in category: 19(of 40)

Best time in the category: 32:21

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	23:13	1:52	15	3:49	36	3:49	12.41	23:13	1:52	41	3:49	127	3:49
Finish	12.41	15:10	1:13	19	2:21	49	2:21	24.81	38:23	1:32	19	6:02	42	6:02