



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

Detailed evaluation

Lars Wiedenhöft

Total time: 39:13

Number: 254

Speed: 36.72 km/h

Running performance: 1:34 min/km

Course: 24.81 km

Rank in course/Total: 55 (of 142)

Erwachsene

Rank in course/Men: 53 (of 126)

Category:

Best time in course: 32:21

Jedermann Senioren 2

Rank in category: 22(of 40)

Best time in the category: 32:21

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	23:37	1:54	21	4:13	44	4:13	12.41	23:37	1:54	41	4:13	127	4:13
Finish	12.41	15:36	1:15	25	2:47	63	2:47	24.81	39:13	1:34	22	6:52	53	6:52