



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

Detailed evaluation

Sebastian Rühle

Total time: 45:09

Number: 224

Speed: 31.89 km/h

Running performance: 1:49 min/km

Course: 24.81 km

Rank in course/Total: 115 (of 142)

Erwachsene

Rank in course/Men: 103 (of 126)

Category:

Best time in course: 32:21

Jedermann Senioren 2

Rank in category: 38(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	28:03	2:15	37	8:39	103	8:39	12.41	28:03	2:15	41	8:39	127	8:39
Finish	12.41	17:07	1:22	38	4:18	107	4:18	24.81	45:09	1:49	38	12:48	103	12:48