



Jonastaler Challenge 2024 - powered by Sparkasse Arnstadt-Ilmenau  
 Jonastal 33 in Arnstadt / 22.06.2024

Detailed evaluation

**Carsten Nagel**

Club: RSG Göttingen  
 Number: 271

Course: 24.80 km  
 Einzelzeitfahren-RR

Category:  
 Jedermann Senioren 4 RR

Total time: 36:52

Speed: 40.36 km/h  
 Running performance: 1:29 min/km

Rank in course/Total: 9 (of 80)

Rank in course/Men: 9 (of 74)

Best time in course: 33:33

Rank in category: 1(of 9)

Best time in the category: 36:52

| Intermediate times |          |            |              | Stage score |             |         |            | Total ranking |            |              |          |             |         |            |
|--------------------|----------|------------|--------------|-------------|-------------|---------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| Control            | Split km | Split Time | Split min/km | Pos Cat.    | Behind Cat. | Pos Men | Behind Men | Total km      | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Wendestelle        | 12.40    | 21:55      | 1:46         | 1           | -           | 8       | 2:07       | 12.40         | 21:55      | 1:46         | 1        | -           | 71      | 2:07       |
| Finish             | 12.40    | 14:58      | 1:12         | 1           | -           | 12      | 1:13       | 24.80         | 36:52      | 1:29         | 1        | -           | 9       | 3:19       |