



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

Detailed evaluation

Heiko Karus

Club: RFV 1990 Die Löwen Weimar e.V.
 Number: 277

Course: 24.80 km
 Einzelzeitfahren-RR

Category:
 Jedermann Senioren 4 RR

Total time: 41:31

Speed: 34.68 km/h
 Running performance: 1:40 min/km

Rank in course/Total: 47 (of 80)

Rank in course/Men: 47 (of 74)

Best time in course: 33:33

Rank in category: 4(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Wendestelle	12.40	25:21	2:02	4	3:26	46	5:33	12.40	25:21	2:02	10	3:26	71	5:33
Finish	12.40	16:10	1:18	3	1:12	41	2:25	24.80	41:31	1:40	4	4:39	47	7:58