



# 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	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	12.40	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