



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

Detailed evaluation

Alexander Pudack

Club: RSC Waltershausen-Gotha e.V.  
Number: 272

Course: 24.81 km  
Erwachsene

Category:  
Jedermann Senioren 4

Total time: 42:26

Speed: 33.94 km/h  
Running performance: 1:42 min/km

Rank in course/Total: 90 (of 142)

Rank in course/Men: 85 (of 126)

Best time in course: 32:21

Rank in category: 7(of 17)

Best time in the category: 38:00

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	26:48	2:09	12	3:45	93	7:24	12.41	26:48	2:09	18	3:45	127	7:24
Finish	12.41	15:38	1:15	3	0:41	66	2:49	24.81	42:26	1:42	7	4:26	85	10:05