



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

Detailed evaluation

Siegfried Miosga

Club: GM Rennsteiglaufverein
 Number: 287

Course: 24.81 km
 Erwachsene

Category:
 Jedermann Senioren 4

Total time: 48:59

Speed: 29.40 km/h
 Running performance: 1:58 min/km

Rank in course/Total: 134 (of 142)

Rank in course/Men: 118 (of 126)

Best time in course: 32:21

Rank in category: 16(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	31:11	2:30	16	8:08	120	11:47	12.41	31:11	2:30	18	8:08	127	11:47
Finish	12.41	17:48	1:26	15	2:51	115	4:59	24.81	48:59	1:58	16	10:59	118	16:38