



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

Detailed evaluation

Paul Gruber

Total time: 49:02

Number: 134

Speed: 29.37 km/h

Running performance: 1:58 min/km

Course: 24.81 km

Rank in course/Total: 135 (of 142)

Erwachsene

Rank in course/Men: 119 (of 126)

Category:

Best time in course: 32:21

Jedermann Herren

Rank in category: 15(of 17)

Best time in the category: 34:29

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	12.41	31:01	2:29	15	10:08	117	11:37	12.41	31:01	2:29	18	10:08	127	11:37
Finish	12.41	18:01	1:27	14	4:27	116	5:12	24.81	49:02	1:58	15	14:33	119	16:41