



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

Detailed evaluation

**Lisa Spierling**

Club: Triathlon Jena e.V.  
Number: 107

Course: 24.81 km  
Erwachsene

Category:  
Jedermann Frauen

Total time: 42:19

Speed: 34.03 km/h  
Running performance: 1:42 min/km

Rank in course/Total: 88 (of 142)

Rank in course/Women: 4 (of 16)

Best time in course: 34:03

Rank in category: 4(of 9)

Best time in the category: 34:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Wendestelle	12.41	25:56	2:05	4	5:17	4	5:17	12.41	25:56	2:05	10	5:17	17	5:17
Finish	12.41	16:24	1:19	4	3:00	7	3:00	24.81	42:19	1:42	4	8:16	4	8:16