



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

Detailed evaluation

**Sebastian Simon**

Club: Lone Rider  
Number: 234

Course: 24.81 km  
Erwachsene

Category:  
Jedermann Senioren 2

Total time: 42:05

Speed: 34.22 km/h  
Running performance: 1:41 min/km

Rank in course/Total: 85 (of 142)

Rank in course/Men: 82 (of 126)

Best time in course: 32:21

Rank in category: 33(of 40)

Best time in the category: 32:21

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	26:16	2:06	33	6:52	85	6:52	12.41	26:16	2:06	41	6:52	127	6:52
Finish	12.41	15:50	1:16	29	3:01	75	3:01	24.81	42:05	1:41	33	9:44	82	9:44