



## Detailed evaluation

### Uwe Aschenbach

Club: SWE Laufteam  
Number: 3

Course: 4.50 km  
Jedermann

Category:  
Senioren M40 (40-44) J

Total time: 24:14

Speed: 9.90 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 13 (of 66)

Rank in course/Men: 8 (of 37)

Best time in course: 23:09

Rank in category: 1(of 5)

Best time in the category: 24:14

### 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
Zwischenzeit I	-	11:54	-	3	1:28	18	2:12	-	11:54	-	3	1:28	18	2:12
Finish	4.50	12:20	-	1	-	8	0:43	4.50	24:14	5:23	1	-	8	1:05