



14. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Dömming, Olaf

Club: SV WERRA 07 HBN  
 Number: 457

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M45 (45-49 Jahre)

Total time: 1:13:13

Speed: 14.75 km/h  
 Running performance: 3:58 min/km

Rank in course/Total: 7 (of 173)

Rank in course/Men: 7 (of 140)

Best time in course: 1:06:14

Rank in category: 1(of 25)

Best time in the category: 1:13:13

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Control	9.30	35:38	3:49	1	-	5	3:08	9.30	35:38	3:49	1	-	5	3:08
Control	9.00	36:49	4:05	1	-	8	3:47	18.30	1:12:27	3:57	1	-	7	6:55
Finish	0.20	0:46	3:50	3	0:09	12	0:09	18.50	1:13:13	3:57	1	-	7	6:59