



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

DÖMMING, Olaf

Club: SV Werra 07 Hildburghausen
Number: 368

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:13:42

Speed: 14.65 km/h
Running performance: 3:59 min/km

Rank in course/Total: 7 (of 144)

Rank in course/Men: 7 (of 118)

Best time in course: 1:06:50

Rank in category: 1(of 18)

Best time in the category: 1:13:42

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
Runde	9.30	35:37	3:49	1	-	6	2:38	9.30	35:37	3:49	1	-	6	2:38
Runde	9.00	37:22	4:09	1	-	8	4:08	18.30	1:12:59	3:59	1	-	7	6:46
Finish	0.20	0:43	3:34	1	-	14	0:08	18.50	1:13:42	3:59	1	-	7	6:52