



1. SPORTident Winter-Stundenlaufserie mit Musik (2. Lauf)

Arnstadt / 21.02.2024

Detailed evaluation

Marcus Quester

Club: Trailrunning-Crew Thüringen

Number: 17

Course: 0.35 km/Lap

Halbstundenlauf

Category:

Senioren M45 (45-49) H

Total time: 28:57

Speed: 12.44 km/h

Running performance: 4:21 min/km

Laps: 19 (6.65 km)

Rank in course/Men: 2 (of 20)

Rank in category: 2(of 4)

Intermediate times

Stage score

Total ranking

Control	Split		Split min/km	Pos Cat.	Behind Cat.	Pos		Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
	km	Time				Men	Men								
Lap 1	0.35	1:20	3:48	1	-	1	-	-	0.35	1:20	3:48	1	-	1	-
Lap 2	0.35	1:23	3:57	1	-	1	-	-	0.70	2:43	3:52	1	-	1	-
Lap 3	0.35	1:26	4:05	1	-	1	-	-	1.05	4:09	3:57	1	-	1	-
Lap 4	0.35	1:27	4:08	1	-	1	-	-	1.40	5:36	4:00	1	-	1	-
Lap 5	0.35	1:28	4:11	1	-	1	-	-	1.75	7:04	4:02	1	-	1	-
Lap 6	0.35	1:30	4:17	1	-	1	-	-	2.10	8:34	4:04	1	-	1	-
Lap 7	0.35	1:30	4:17	2	0:01	2	0:01	-	2.45	10:04	4:06	1	-	1	-
Lap 8	0.35	1:33	4:25	2	0:04	2	0:04	-	2.80	11:37	4:08	1	-	1	-
Lap 9	0.35	1:33	4:25	2	0:03	2	0:03	-	3.15	13:10	4:10	1	-	1	-
Lap 10	0.35	1:32	4:22	2	0:04	2	0:04	-	3.50	14:42	4:12	1	-	1	-
Lap 11	0.35	1:32	4:22	2	0:02	2	0:02	-	3.85	16:14	4:12	1	-	1	-
Lap 12	0.35	1:33	4:25	2	0:04	2	0:04	-	4.20	17:47	4:14	2	0:01	2	0:01
Lap 13	0.35	1:35	4:31	2	0:05	2	0:05	-	4.55	19:22	4:15	2	0:06	2	0:06
Lap 14	0.35	1:36	4:34	2	0:04	2	0:04	-	4.90	20:58	4:16	2	0:10	2	0:10
Lap 15	0.35	1:36	4:34	2	0:06	2	0:06	-	5.25	22:34	4:17	2	0:16	2	0:16
Lap 16	0.35	1:35	4:31	2	0:03	2	0:03	-	5.60	24:09	4:18	2	0:19	2	0:19
Lap 17	0.35	1:36	4:34	2	0:06	2	0:06	-	5.95	25:45	4:19	2	0:25	2	0:25
Lap 18	0.35	1:35	4:31	2	0:03	3	0:08	-	6.30	27:20	4:20	2	0:28	2	0:28
Lap 19	0.35	1:37	4:37	2	0:07	2	0:07	-	6.65	28:57	4:21	2	0:35	2	0:35