



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 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 |
| 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 |