



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

Arnstadt / 21.02.2024

Detailed evaluation

Marcus Quester

Club: Trailrunning-Crew Thüringen

Number: 66

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M45 (45-49)

Total time: 59:00

Speed: 12.20 km/h

Running performance: 4:48 min/km

Laps: 35 (12.25 km)

Rank in course/Men: 12 (of 39)

Rank in category: 2(of 5)

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	1:40	4:45	3	0:07	13	0:31	0.35	1:40	4:45	3	0:07	13	0:31	
Lap 2	0.35	1:36	4:34	2	0:09	15	0:23	0.70	3:16	4:40	3	0:16	14	0:54	
Lap 3	0.35	1:35	4:31	2	0:08	14	0:18	1.05	4:51	4:37	2	0:24	14	1:12	
Lap 4	0.35	1:36	4:34	2	0:07	13	0:20	1.40	6:27	4:36	2	0:31	13	1:32	
Lap 5	0.35	1:36	4:34	2	0:06	11	0:17	1.75	8:03	4:36	2	0:37	13	1:49	
Lap 6	0.35	1:40	4:45	2	0:09	14	0:20	2.10	9:43	4:37	2	0:46	15	2:09	
Lap 7	0.35	1:40	4:45	2	0:11	16	0:20	2.45	11:23	4:38	2	0:57	15	2:29	
Lap 8	0.35	1:40	4:45	2	0:08	16	0:19	2.80	13:03	4:39	2	1:05	15	2:48	
Lap 9	0.35	1:40	4:45	2	0:09	15	0:18	3.15	14:43	4:40	2	1:14	15	3:06	
Lap 10	0.35	1:42	4:51	2	0:11	16	0:20	3.50	16:25	4:41	2	1:25	15	3:26	
Lap 11	0.35	1:40	4:45	2	0:09	12	0:18	3.85	18:05	4:41	2	1:34	15	3:44	
Lap 12	0.35	1:40	4:45	2	0:08	13	0:16	4.20	19:45	4:42	2	1:42	15	4:00	
Lap 13	0.35	1:40	4:45	2	0:08	14	0:18	4.55	21:25	4:42	2	1:50	15	4:18	
Lap 14	0.35	1:43	4:54	2	0:11	16	0:19	4.90	23:08	4:43	2	2:01	15	4:37	
Lap 15	0.35	1:43	4:54	2	0:12	14	0:21	5.25	24:51	4:44	2	2:13	15	4:58	
Lap 16	0.35	1:42	4:51	2	0:11	14	0:18	5.60	26:33	4:44	2	2:24	15	5:16	
Lap 17	0.35	1:44	4:57	2	0:10	18	0:21	5.95	28:17	4:45	2	2:34	15	5:37	
Lap 18	0.35	1:43	4:54	2	0:09	12	0:19	6.30	30:00	4:45	2	2:43	15	5:56	
Lap 19	0.35	1:43	4:54	2	0:10	14	0:19	6.65	31:43	4:46	2	2:53	15	6:15	
Lap 20	0.35	1:43	4:54	2	0:11	14	0:19	7.00	33:26	4:46	2	3:04	14	6:34	
Lap 21	0.35	1:42	4:51	2	0:09	12	0:19	7.35	35:08	4:46	2	3:13	14	6:53	
Lap 22	0.35	1:42	4:51	2	0:09	10	0:18	7.70	36:50	4:47	2	3:22	14	7:11	
Lap 23	0.35	1:42	4:51	2	0:09	11	0:19	8.05	38:32	4:47	2	3:31	14	7:30	
Lap 24	0.35	1:40	4:45	2	0:05	9	0:17	8.40	40:12	4:47	2	3:36	14	7:47	
Lap 25	0.35	1:42	4:51	2	0:08	10	0:19	8.75	41:54	4:47	2	3:44	14	8:06	
Lap 26	0.35	1:43	4:54	2	0:07	13	0:20	9.10	43:37	4:47	2	3:51	13	8:26	
Lap 27	0.35	1:43	4:54	2	0:09	11	0:20	9.45	45:20	4:47	2	4:00	12	8:46	
Lap 28	0.35	1:40	4:45	2	0:06	9	0:16	9.80	47:00	4:47	2	4:06	12	9:02	
Lap 29	0.35	1:41	4:48	2	0:07	9	0:18	10.15	48:41	4:47	2	4:13	12	9:20	
Lap 30	0.35	1:43	4:54	2	0:08	11	0:19	10.50	50:24	4:47	2	4:21	12	9:39	



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Lap 31	0.35	1:44	4:57	3	0:10	17	0:19	10.85	52:08	4:48	2	4:31	12	9:58
Lap 32	0.35	1:46	5:02	2	0:12	17	0:22	11.20	53:54	4:48	2	4:43	12	10:20
Lap 33	0.35	1:45	5:00	2	0:12	17	0:21	11.55	55:39	4:49	2	4:55	12	10:41
Lap 34	0.35	1:42	4:51	2	0:07	12	0:18	11.90	57:21	4:49	2	5:02	12	10:59
Lap 35	0.35	1:39	4:42	2	0:05	9	0:16	12.25	59:00	4:48	2	5:07	12	11:15