



1. SPORTident Winter-Stundenlaufserie mit Musik (3. Lauf)

Arnstadt / 20.03.2024

Detailed evaluation

Marcus Quester

Club: Trailrunning-Crew Thüringen

Number: 55

Course: 0.35 km/Lap

Stundenlauf

Category:

Senioren M45 (45-49)

Total time: 59:34

Speed: 13.04 km/h

Running performance: 4:35 min/km

Laps: 37 (12.95 km)

Rank in course/Men: 12 (of 36)

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	1:27	4:08	1	-	8	0:22	0.35	1:27	4:08	1	-	8	0:22	
Lap 2	0.35	1:30	4:17	2	0:05	8	0:17	0.70	2:57	4:12	2	0:04	8	0:39	
Lap 3	0.35	1:30	4:17	2	0:05	8	0:13	1.05	4:27	4:14	2	0:09	8	0:52	
Lap 4	0.35	1:30	4:17	2	0:04	8	0:13	1.40	5:57	4:15	2	0:13	8	1:05	
Lap 5	0.35	1:32	4:22	2	0:05	11	0:14	1.75	7:29	4:16	2	0:18	8	1:19	
Lap 6	0.35	1:30	4:17	2	0:02	10	0:11	2.10	8:59	4:16	2	0:20	8	1:30	
Lap 7	0.35	1:29	4:14	1	-	5	0:09	2.45	10:28	4:16	2	0:20	8	1:39	
Lap 8	0.35	1:32	4:22	2	0:04	10	0:12	2.80	12:00	4:17	2	0:24	9	1:51	
Lap 9	0.35	1:33	4:25	2	0:06	12	0:13	3.15	13:33	4:18	2	0:30	9	2:04	
Lap 10	0.35	1:34	4:28	2	0:05	9	0:14	3.50	15:07	4:19	2	0:35	9	2:18	
Lap 11	0.35	1:33	4:25	2	0:03	9	0:13	3.85	16:40	4:19	2	0:38	10	2:31	
Lap 12	0.35	1:33	4:25	2	0:04	9	0:15	4.20	18:13	4:20	2	0:42	10	2:46	
Lap 13	0.35	1:35	4:31	2	0:05	11	0:15	4.55	19:48	4:21	2	0:47	10	3:01	
Lap 14	0.35	1:35	4:31	2	0:04	11	0:16	4.90	21:23	4:21	2	0:51	10	3:17	
Lap 15	0.35	1:36	4:34	2	0:06	11	0:15	5.25	22:59	4:22	2	0:57	10	3:32	
Lap 16	0.35	1:36	4:34	2	0:06	10	0:16	5.60	24:35	4:23	2	1:03	10	3:48	
Lap 17	0.35	1:36	4:34	2	0:06	9	0:15	5.95	26:11	4:24	2	1:09	10	4:03	
Lap 18	0.35	1:38	4:40	2	0:06	11	0:19	6.30	27:49	4:24	2	1:15	10	4:22	
Lap 19	0.35	1:39	4:42	2	0:07	10	0:18	6.65	29:28	4:25	2	1:22	10	4:40	
Lap 20	0.35	1:39	4:42	2	0:09	11	0:19	7.00	31:07	4:26	2	1:31	9	4:59	
Lap 21	0.35	1:38	4:40	2	0:08	11	0:17	7.35	32:45	4:27	2	1:39	9	5:16	
Lap 22	0.35	1:39	4:42	2	0:08	10	0:18	7.70	34:24	4:28	2	1:47	9	5:34	
Lap 23	0.35	1:39	4:42	2	0:08	10	0:17	8.05	36:03	4:28	2	1:55	10	5:51	
Lap 24	0.35	1:40	4:45	2	0:09	11	0:18	8.40	37:43	4:29	2	2:04	10	6:09	
Lap 25	0.35	1:41	4:48	2	0:10	13	0:19	8.75	39:24	4:30	2	2:14	10	6:28	
Lap 26	0.35	1:41	4:48	2	0:09	12	0:20	9.10	41:05	4:30	2	2:23	10	6:48	
Lap 27	0.35	1:41	4:48	2	0:09	12	0:18	9.45	42:46	4:31	2	2:32	10	7:06	
Lap 28	0.35	1:40	4:45	2	0:08	12	0:16	9.80	44:26	4:32	2	2:40	10	7:22	
Lap 29	0.35	1:40	4:45	2	0:08	12	0:18	10.15	46:06	4:32	2	2:48	10	7:40	
Lap 30	0.35	1:42	4:51	2	0:09	13	0:20	10.50	47:48	4:33	2	2:57	10	8:00	



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Lap 31	0.35	1:41	4:48	2	0:08	12	0:19	10.85	49:29	4:33	2	3:05	11	8:19
Lap 32	0.35	1:41	4:48	2	0:10	13	0:20	11.20	51:10	4:34	2	3:15	11	8:39
Lap 33	0.35	1:43	4:54	2	0:13	13	0:22	11.55	52:53	4:34	2	3:28	11	9:01
Lap 34	0.35	1:41	4:48	3	0:10	15	0:20	11.90	54:34	4:35	2	3:38	11	9:21
Lap 35	0.35	1:42	4:51	2	0:11	13	0:22	12.25	56:16	4:35	2	3:49	11	9:43
Lap 36	0.35	1:43	4:54	2	0:11	13	0:22	12.60	57:59	4:36	2	4:00	11	10:05
Lap 37	0.35	1:35	4:31	2	0:02	11	0:15	12.95	59:34	4:35	2	4:02	12	10:20