



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

Arnstadt / 15.01.2025

Detailed evaluation

Marcus Quester

Club: Trailrunning-Crew Thüringen

Number: 133

Course: 0.49 km/Lap

Stundenlauf

Category:

Senioren M45 (45-49)

Total time: 59:01

Speed: 12.20 km/h

Running performance: 4:37 min/km

Laps: 26 (12.74 km)

Rank in course/Men: 9 (of 34)

Rank in category: 2(of 3)

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	0.49	2:14	4:33	1	-	9	0:25	0.49	2:14	4:33	1	-	9	0:25
Lap 2	0.49	2:07	4:19	1	-	6	0:12	0.98	4:21	4:26	1	-	7	0:37
Lap 3	0.49	2:08	4:21	1	-	5	0:14	1.47	6:29	4:24	1	-	7	0:51
Lap 4	0.49	2:06	4:17	2	0:05	4	0:12	1.96	8:35	4:22	1	-	6	1:03
Lap 5	0.49	2:11	4:27	2	0:01	10	0:16	2.45	10:46	4:23	1	-	6	1:19
Lap 6	0.49	2:09	4:23	2	0:08	7	0:13	2.94	12:55	4:23	2	0:04	7	1:32
Lap 7	0.49	2:11	4:27	2	0:09	9	0:15	3.43	15:06	4:24	2	0:13	7	1:47
Lap 8	0.49	2:10	4:25	2	0:05	7	0:15	3.92	17:16	4:24	2	0:18	7	2:02
Lap 9	0.49	2:15	4:35	2	0:11	10	0:18	4.41	19:31	4:25	2	0:29	7	2:20
Lap 10	0.49	2:13	4:31	2	0:08	9	0:16	4.90	21:44	4:26	2	0:37	7	2:36
Lap 11	0.49	2:17	4:39	2	0:11	10	0:22	5.39	24:01	4:27	2	0:48	7	2:58
Lap 12	0.49	2:17	4:39	2	0:09	12	0:19	5.88	26:18	4:28	2	0:57	7	3:17
Lap 13	0.49	2:16	4:37	2	0:14	11	0:19	6.37	28:34	4:29	2	1:11	7	3:36
Lap 14	0.49	2:20	4:45	2	0:20	11	0:26	6.86	30:54	4:30	2	1:31	7	4:02
Lap 15	0.49	2:20	4:45	2	0:18	11	0:26	7.35	33:14	4:31	2	1:49	8	4:28
Lap 16	0.49	2:17	4:39	2	0:14	10	0:21	7.84	35:31	4:31	2	2:03	8	4:49
Lap 17	0.49	2:19	4:43	2	0:16	10	0:21	8.33	37:50	4:32	2	2:19	9	5:10
Lap 18	0.49	2:20	4:45	2	0:22	12	0:27	8.82	40:10	4:33	2	2:41	9	5:33
Lap 19	0.49	2:22	4:49	2	0:17	12	0:26	9.31	42:32	4:34	2	2:58	9	5:59
Lap 20	0.49	2:20	4:45	2	0:14	12	0:23	9.80	44:52	4:34	2	3:12	9	6:22
Lap 21	0.49	2:20	4:45	2	0:12	10	0:24	10.29	47:12	4:35	2	3:24	9	6:46
Lap 22	0.49	2:22	4:49	2	0:19	11	0:25	10.78	49:34	4:35	2	3:43	9	7:11
Lap 23	0.49	2:21	4:47	2	0:24	11	0:25	11.27	51:55	4:36	2	4:07	9	7:36
Lap 24	0.49	2:22	4:49	2	0:22	12	0:25	11.76	54:17	4:36	2	4:29	9	8:01
Lap 25	0.49	2:22	4:49	2	0:22	12	0:25	12.25	56:39	4:37	2	4:51	9	8:26
Lap 26	0.49	2:22	4:49	2	0:25	12	0:25	12.74	59:01	4:37	2	5:16	9	8:50