



6. Schlaubetal-Marathon  
Eisenhüttenstadt / 20.10.2012

Detailed evaluation

Gerstäcker, Toralf

Club: Potsdam  
Number: 601

Course: 42.35 km  
Cross-Marathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 4:31:47

Speed: 9.27 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 69 (of 111)

Rank in course/Men: 60 (of 89)

Best time in course: 2:56:00

Rank in category: 14(of 17)

Best time in the category: 3:05:14

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	11.60	1:06:38	5:44	13	18:15	62	20:55	11.60	1:06:38	5:44	5	6:45	7	7:26
Lap 2	18.60	1:57:13	6:18	14	35:22	59	40:25	30.20	3:03:51	6:05	5	16:36	7	10:12
Lap 3	2.50	17:33	7:01	13	5:12	54	6:10	32.70	3:21:24	6:09	5	17:08	7	9:12
Last lap Finish	9.65	1:10:23	7:17	14	27:44	60	31:22	42.35	4:31:47	6:25	14	1:26:33	60	1:35:47