



7. Schlaubetal-Marathon

Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Gerstäcker, Toralf

Club: Potsdam
Number: 603

Course: 43.00 km
Cross-Marathon

Category:
Senioren M40 (40-44 Jahre)

Total time: 4:26:09

Speed: 9.69 km/h
Running performance: 6:11 min/km

Rank in course/Total: 69 (of 105)

Rank in course/Men: 55 (of 82)

Best time in course: 2:49:01

Rank in category: 10(of 13)

Best time in the category: 2:55:49

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	11.60	1:10:05	6:02	12	24:31	67	26:08	11.60	1:10:05	6:02	10	24:31	7	9:03
Lap 2	19.00	1:55:00	6:03	10	38:01	56	40:31	30.60	3:05:05	6:02	10	1:02:32	7	12:18
Lap 3	1.70	17:46	10:27	6	5:10	44	5:34	32.30	3:22:51	6:16	10	1:07:42	7	11:36
Last lap Finish	10.70	1:03:18	5:54	9	22:38	53	24:55	43.00	4:26:09	6:11	10	1:30:20	55	1:37:08