



8. Schlaubetal Marathon  
Eisenhüttenstadt / 18.10.2014

Detailed evaluation

Gerstäcker, Toralf

Club: Potsdam  
Number: 637

Course: 43.00 km  
Cross-Marathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 4:28:51

Speed: 9.60 km/h  
Running performance: 6:15 min/km

Rank in course/Total: 69 (of 117)

Rank in course/Men: 53 (of 82)

Best time in course: 2:54:26

Rank in category: 14(of 16)

Best time in the category: 3:42:43

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	1:09:57	6:01	14	15:35	58	25:33	11.60	1:09:57	6:01	14	13:39	11	10:24
Lap 2	9.90	1:06:00	6:39	15	16:11	63	24:04	21.50	2:15:57	6:19	14	26:59	11	17:38
Lap 3	11.10	1:12:02	6:29	14	11:19	49	25:40	32.60	3:27:59	6:22	14	38:18	11	11:44
Last lap Ziel Inse	10.40	1:00:52	5:51	8	7:50	33	19:08	43.00	4:28:51	6:15	14	46:08	53	1:34:25