



Detailed evaluation

Marc Bök

Club: BERGRADSPORT BRANDIS

Number: 653

Course: 3.30 km/Lap

Rennen 5.1 (Jedermann m/w ab U17 ohne Lizenz & ab U19 mit Lizenz)

Category:

Jedermann m (15-39)

Total time: 1:12:55

Speed: 15.63 km/h

Running performance: 3:40 min/km

Laps: 6 (19.8 km / 540 hm)

Rank in course/Men: 12 (of 23)

Rank in category: 7(of 15)

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	3.30	11:31	3:29	9	4:43	10	4:43	3.30	11:31	3:29	9	4:43	10	4:43
Lap 2	3.30	11:42	3:32	9	1:55	15	2:00	6.60	23:13	3:31	9	4:01	14	4:01
Lap 3	3.30	12:06	3:40	9	2:28	14	2:28	9.90	35:19	3:34	9	6:29	14	6:29
Lap 4	3.30	12:49	3:53	9	3:03	15	3:03	13.20	48:08	3:38	9	9:32	14	9:32
Lap 5	3.30	12:34	3:48	8	2:56	13	2:56	16.50	1:00:42	3:40	8	12:28	13	12:28
Lap 6	3.30	12:13	3:42	7	2:33	11	2:33	19.80	1:12:55	3:40	7	15:01	12	15:01