



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Sportlala.se Lostwater

Number: 314

Course: 41.40 km
SwimRun

Category:
Men

Total time: 8:26:38

Speed: 4.90 km/h

Running performance: 12:15 min/km

Rank in course: 2 (of 74)

Best time in course: 8:06:48

Rank in category: 1(of 47)

Best time in the category: 8:26:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Preikestolhytta	-	17:42	-	3	0:48	3	0:48	-	17:42	-	3	0:48	3	0:48
Preikestolen	-	43:06	-	1	-	1	-	-	1:00:48	-	1	-	1	-
Bratteli	-	37:10	-	2	0:40	3	0:40	-	1:37:58	-	1	-	1	-
Bakken kai	-	1:41:42	-	1	-	2	2:47	-	3:19:40	-	1	-	1	-
Sognesand	-	30:07	-	2	0:12	2	0:12	-	3:49:47	-	1	-	1	-
Kåsaklubben	-	25:00	-	2	23:56	3	23:56	-	4:14:47	-	1	-	1	-
Flørli	-	48:08	-	2	0:03	4	3:46	-	5:02:55	-	1	-	2	0:52
Ternevatnet	-	30:35	-	1	-	2	16:24	-	5:33:30	-	1	-	1	-
Klubbattjørna	-	2:46	-	1	-	3	0:32	-	5:36:16	-	1	-	2	0:16
Flørli	-	48:29	-	5	5:39	10	6:52	-	6:24:45	-	1	-	2	7:08
Finish	-	2:01:53	-	29	41:06	43	41:06	41.40	8:26:38	-	1	-	2	19:50