



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Team Fiskdoft

Number: 324

Course: 41.40 km
SwimRun

Category:
Men

Total time: 10:10:24

Speed: 4.07 km/h

Running performance: 14:45 min/km

Rank in course: 21 (of 74)

Best time in course: 8:06:48

Rank in category: 11(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	-	22:53	-	11	5:59	22	5:59	-	22:53	-	11	5:59	22	5:59
Preikestolen	-	49:28	-	6	6:22	14	6:22	-	1:12:21	-	8	11:33	17	11:33
Bratteli	-	40:17	-	8	3:47	10	3:47	-	1:52:38	-	8	14:40	16	14:40
Bakken kai	-	2:04:59	-	15	23:17	26	26:04	-	3:57:37	-	11	37:57	21	37:57
Sognesand	-	41:24	-	14	11:29	29	11:29	-	4:39:01	-	13	49:14	23	49:14
Kåsaklubben	-	32:34	-	16	31:30	23	31:30	-	5:11:35	-	13	56:48	23	56:48
Flørli	-	52:50	-	6	4:45	12	8:28	-	6:04:25	-	12	1:01:30	22	1:02:22
Ternevatnet	-	43:55	-	17	13:20	35	29:44	-	6:48:20	-	11	1:14:50	21	1:14:50
Klubbatjørna	-	4:57	-	14	2:11	26	2:43	-	6:53:17	-	11	1:17:01	21	1:17:17
Flørli	-	49:41	-	8	6:51	13	8:04	-	7:42:58	-	11	1:18:13	21	1:25:21
Finish	-	2:27:26	-	39	1:06:39	63	1:06:39	41.40	10:10:24	-	11	1:43:46	21	2:03:36