



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

goswimrun.com team

Number: 316

Course: 41.40 km
SwimRun

Category:
Men

Total time: 10:39:19

Speed: 3.89 km/h

Running performance: 15:27 min/km

Rank in course: 26 (of 74)

Best time in course: 8:06:48

Rank in category: 15(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	-	21:14	-	7	4:20	15	4:20	-	21:14	-	7	4:20	15	4:20
Preikestolen	-	53:58	-	21	10:52	34	10:52	-	1:15:12	-	11	14:24	22	14:24
Bratteli	-	42:58	-	17	6:28	24	6:28	-	1:58:10	-	11	20:12	21	20:12
Bakken kai	-	2:27:28	-	28	45:46	46	48:33	-	4:25:38	-	15	1:05:58	27	1:05:58
Sognesand	-	40:20	-	10	10:25	24	10:25	-	5:05:58	-	15	1:16:11	27	1:16:11
Kåsaklubben	-	37:34	-	25	36:30	37	36:30	-	5:43:32	-	16	1:28:45	28	1:28:45
Flørli	-	58:19	-	16	10:14	28	13:57	-	6:41:51	-	16	1:38:56	28	1:39:48
Ternevatnet	-	40:19	-	7	9:44	20	26:08	-	7:22:10	-	17	1:48:40	29	1:48:40
Klubbatjørna	-	3:49	-	7	1:03	14	1:35	-	7:25:59	-	16	1:49:43	28	1:49:59
Flørli	-	50:39	-	10	7:49	18	9:02	-	8:16:38	-	15	1:51:53	27	1:59:01
Finish	-	2:22:41	-	38	1:01:54	62	1:01:54	41.40	10:39:19	-	16	2:12:41	27	2:32:31