



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Över fjorden

Number: 320

Course: 41.40 km
SwimRun

Category:
Men

Total time: 11:17:03

Speed: 3.67 km/h

Running performance: 16:22 min/km

Rank in course: 30 (of 74)

Best time in course: 8:06:48

Rank in category: 17(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	-	1:52:15	-	32	1:35:21	53	1:35:21	-	1:52:15	-	32	1:35:21	53	1:35:21
Preikestolen	-	52:11	-	14	9:05	25	9:05	-	2:44:26	-	26	1:43:38	45	1:43:38
Bratteli	-	43:22	-	18	6:52	28	6:52	-	3:27:48	-	25	1:49:50	41	1:49:50
Bakken kai	-	2:02:01	-	13	20:19	22	23:06	-	5:29:49	-	19	2:10:09	33	2:10:09
Sognesand	-	49:06	-	27	19:11	45	19:11	-	6:18:55	-	19	2:29:08	33	2:29:08
Kåsaklubben	-	32:11	-	14	31:07	21	31:07	-	6:51:06	-	18	2:36:19	31	2:36:19
Flørli	-	1:01:52	-	22	13:47	38	17:30	-	7:52:58	-	18	2:50:03	31	2:50:55
Ternevatnet	-	49:43	-	29	19:08	51	35:32	-	8:42:41	-	19	3:09:11	33	3:09:11
Klubbatjørna	-	6:55	-	28	4:09	48	4:41	-	8:49:36	-	19	3:13:20	32	3:13:36
Flørli	-	57:03	-	19	14:13	32	15:26	-	9:46:39	-	19	3:21:54	32	3:29:02
Finish	-	1:30:24	-	7	9:37	10	9:37	41.40	11:17:03	-	18	2:50:25	31	3:10:15