Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

TEAM SATS ELIXIA

Number: 326

Course: 41.40 km
SwimRun

Category:
Men

Total time: 11:17:46

Speed: 3.66 km/h
Running performance: 16:23 min/km

Rank in course: 31 (of 74)
Best time in course: 8:06:48

Rank in category: 18(of 47)
Best time in the category: 8:26:38

Intermediate times

Control	Stage score							Total ranking						
	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	-	1:49:19	-	24	1:32:25	44	1:32:25	-	1:49:19	-	24	1:32:25	44	1:32:25
Preikestolen	-	54:48	-	23	11:42	36	11:42	-	2:44:07	-	25	1:43:19	43	1:43:19
Bratteli	-	44:43	-	21	8:13	34	8:13	-	3:28:50	-	26	1:50:52	42	1:50:52
Bakken kai	-	2:27:56	-	29	46:14	48	49:01	-	5:56:46	-	26	2:37:06	43	2:37:06
Sognesand	-	41:43	-	16	11:48	31	11:48	-	6:38:29	-	24	2:48:42	40	2:48:42
Kåsaklubben	-	41:19	-	34	40:15	52	40:15	-	7:19:48	-	24	3:05:01	41	3:05:01
Flørli	-	54:19	-	11	6:14	20	9:57	-	8:14:07	-	22	3:11:12	37	3:12:04
Ternevatnet	-	46:36	-	21	16:01	40	32:25	-	9:00:43	-	23	3:27:13	38	3:27:13
Klubbatjørna	-	5:52	-	20	3:06	36	3:38	-	9:06:35	-	22	3:30:19	36	3:30:35
Flørli	-	50:24	-	9	7:34	17	8:47	-	9:56:59	-	22	3:32:14	35	3:39:22
Finish	-	1:20:47	-	1	-	1	-	41.40	11:17:46	-	19	2:51:08	32	3:10:58