Rockman Swimrun
Lysefjorden / 15.07.2017

Detailed evaluation

Mora Lasarett

Number: 318

Course: 41.40 km
SwimRun

Category:
Men

Total time: 11:22:20

Speed: 3.64 km/h
Running performance: 16:29 min/km

Rank in course: 32 (of 74)
Best time in course: 8:06:48

Rank in category: 19(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	-	1:51:11	-	28	1:34:17	48	1:34:17	-	1:51:11	-	28	1:34:17	48	1:34:17
Preikestolen	-	55:23	-	25	12:17	39	12:17	-	2:46:34	-	28	1:45:46	47	1:45:46
Bratteli	-	43:59	-	19	7:29	31	7:29	-	3:30:33	-	27	1:52:35	43	1:52:35
Bakken kai	-	2:12:25	-	18	30:43	30	33:30	-	5:42:58	-	22	2:23:18	36	2:23:18
Sognesand	-	43:45	-	20	13:50	36	13:50	-	6:26:43	-	21	2:36:56	36	2:36:56
Kåsaklubben	-	35:16	-	21	34:12	32	34:12	-	7:01:59	-	21	2:47:12	35	2:47:12
Flørli	-	58:17	-	15	10:12	27	13:55	-	8:00:16	-	19	2:57:21	32	2:58:13
Ternevatnet	-	49:12	-	28	18:37	49	35:01	-	8:49:28	-	21	3:15:58	35	3:15:58
Klubbatjørna	-	5:21	-	16	2:35	30	3:07	-	8:54:49	-	20	3:18:33	33	3:18:49
Flørli	-	58:47	-	23	15:57	39	17:10	-	9:53:36	-	21	3:28:51	34	3:35:59
Finish	-	1:28:44	-	6	7:57	8	7:57	41.40	11:22:20	-	20	2:55:42	33	3:15:32