



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Team Colting Wetsuits

Number: 305

Course: 41.40 km
SwimRun

Category:
Men

Total time: 8:55:37

Speed: 4.64 km/h

Running performance: 12:57 min/km

Rank in course: 4 (of 74)

Best time in course: 8:06:48

Rank in category: 2(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	-	17:47	-	4	0:53	4	0:53	-	17:47	-	4	0:53	4	0:53
Preikestolen	-	45:27	-	2	2:21	3	2:21	-	1:03:14	-	2	2:26	2	2:26
Bratteli	-	37:28	-	4	0:58	5	0:58	-	1:40:42	-	2	2:44	2	2:44
Bakken kai	-	1:49:22	-	5	7:40	7	10:27	-	3:30:04	-	2	10:24	3	10:24
Sognesand	-	31:14	-	3	1:19	3	1:19	-	4:01:18	-	2	11:31	3	11:31
Kåsaklubben	-	28:11	-	6	27:07	8	27:07	-	4:29:29	-	2	14:42	3	14:42
Flørli	-	53:40	-	10	5:35	18	9:18	-	5:23:09	-	2	20:14	3	21:06
Ternevatnet	-	30:51	-	2	0:16	3	16:40	-	5:54:00	-	2	20:30	3	20:30
Klubbatjørna	-	3:47	-	6	1:01	13	1:33	-	5:57:47	-	2	21:31	3	21:47
Flørli	-	48:07	-	4	5:17	7	6:30	-	6:45:54	-	2	21:09	3	28:17
Finish	-	2:09:43	-	34	48:56	53	48:56	41.40	8:55:37	-	2	28:59	4	48:49