



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

KbSS Masters

Number: 313

Course: 41.40 km
SwimRun

Category:
Men

Total time: 11:41:03

Speed: 3.54 km/h

Running performance: 16:57 min/km

Rank in course: 35 (of 74)

Best time in course: 8:06:48

Rank in category: 21(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	-	1:44:38	-	21	1:27:44	36	1:27:44	-	1:44:38	-	21	1:27:44	36	1:27:44
Preikestolen	-	50:05	-	7	6:59	16	6:59	-	2:34:43	-	21	1:33:55	36	1:33:55
Bratteli	-	45:42	-	24	9:12	40	9:12	-	3:20:25	-	21	1:42:27	36	1:42:27
Bakken kai	-	2:20:02	-	22	38:20	37	41:07	-	5:40:27	-	21	2:20:47	35	2:20:47
Sognesand	-	36:48	-	6	6:53	14	6:53	-	6:17:15	-	18	2:27:28	32	2:27:28
Kåsaklubben	-	39:25	-	30	38:21	47	38:21	-	6:56:40	-	19	2:41:53	32	2:41:53
Flørli	-	1:12:55	-	40	24:50	66	28:33	-	8:09:35	-	21	3:06:40	35	3:07:32
Ternevatnet	-	34:20	-	4	3:45	8	20:09	-	8:43:55	-	20	3:10:25	34	3:10:25
Klubbatjørna	-	5:27	-	17	2:41	31	3:13	-	8:49:22	-	18	3:13:06	31	3:13:22
Flørli	-	1:00:22	-	25	17:32	43	18:45	-	9:49:44	-	20	3:24:59	33	3:32:07
Finish	-	1:51:19	-	21	30:32	31	30:32	41.40	11:41:03	-	22	3:14:25	36	3:34:15