



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Team knut

Number: 336

Course: 41.40 km
SwimRun

Category:
Men

Total time: 11:57:59

Speed: 3.46 km/h

Running performance: 17:21 min/km

Rank in course: 40 (of 74)

Best time in course: 8:06:48

Rank in category: 23(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	-	1:55:00	-	44	1:38:06	67	1:38:06	-	1:55:00	-	44	1:38:06	67	1:38:06
Preikestolen	-	52:00	-	13	8:54	24	8:54	-	2:47:00	-	29	1:46:12	49	1:46:12
Bratteli	-	49:00	-	33	12:30	53	12:30	-	3:36:00	-	31	1:58:02	51	1:58:02
Bakken kai	-	2:24:00	-	25	42:18	42	45:05	-	6:00:00	-	27	2:40:20	46	2:40:20
Sognesand	-	1:00:00	-	40	30:05	67	30:05	-	7:00:00	-	29	3:10:13	51	3:10:13
Kåsaklubben	-	25:42	-	3	24:38	4	24:38	-	7:25:42	-	27	3:10:55	46	3:10:55
Flørli	-	1:07:10	-	32	19:05	54	22:48	-	8:32:52	-	27	3:29:57	46	3:30:49
Ternevatnet	-	43:18	-	14	12:43	32	29:07	-	9:16:10	-	25	3:42:40	42	3:42:40
Klubbatjørna	-	5:35	-	18	2:49	33	3:21	-	9:21:45	-	24	3:45:29	39	3:45:45
Flørli	-	1:08:26	-	32	25:36	54	26:49	-	10:30:11	-	25	4:05:26	43	4:12:34
Finish	-	1:27:48	-	5	7:01	7	7:01	41.40	11:57:59	-	24	3:31:21	41	3:51:11