



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

The Strollers

Number: 315

Course: 41.40 km
SwimRun

Category:
Men

Total time: 12:12:01

Speed: 3.39 km/h

Running performance: 17:41 min/km

Rank in course: 42 (of 74)

Best time in course: 8:06:48

Rank in category: 25(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	-	1:53:09	-	36	1:36:15	58	1:36:15	-	1:53:09	-	36	1:36:15	58	1:36:15
Preikestolen	-	58:10	-	32	15:04	50	15:04	-	2:51:19	-	35	1:50:31	57	1:50:31
Bratteli	-	51:36	-	44	15:06	67	15:06	-	3:42:55	-	40	2:04:57	62	2:04:57
Bakken kai	-	2:45:14	-	40	1:03:32	66	1:06:19	-	6:28:09	-	38	3:08:29	64	3:08:29
Sognesand	-	47:29	-	25	17:34	43	17:34	-	7:15:38	-	37	3:25:51	62	3:25:51
Kåsaklubben	-	33:17	-	17	32:13	25	32:13	-	7:48:55	-	34	3:34:08	57	3:34:08
Flørli	-	1:03:35	-	24	15:30	40	19:13	-	8:52:30	-	33	3:49:35	55	3:50:27
Ternevatnet	-	48:48	-	27	18:13	47	34:37	-	9:41:18	-	30	4:07:48	52	4:07:48
Klubbatjørna	-	6:54	-	27	4:08	47	4:40	-	9:48:12	-	30	4:11:56	50	4:12:12
Flørli	-	52:37	-	12	9:47	21	11:00	-	10:40:49	-	27	4:16:04	46	4:23:12
Finish	-	1:31:12	-	8	10:25	11	10:25	41.40	12:12:01	-	26	3:45:23	43	4:05:13