Rockman Swimrun
Lysefjorden / 15.07.2017

Detailed evaluation

No Goubunku

Number: 321

Course: 41.40 km
SwimRun

Category:
Men

Total time: 12:20:36

Speed: 3.35 km/h
Running performance: 17:54 min/km

Rank in course: 46 (of 74)
Best time in course: 8:06:48

Rank in category: 27(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	-	1:52:25	-	33	1:35:31	54	1:35:31	-	1:52:25	-	33	1:35:31	54	1:35:31
Preikestolen	-	1:01:18	-	38	18:12	58	18:12	-	2:53:43	-	39	1:52:55	61	1:52:55
Bratteli	-	48:51	-	32	12:21	52	12:21	-	3:42:34	-	39	2:04:36	61	2:04:36
Bakken kai	-	2:21:43	-	24	40:01	39	42:48	-	6:04:17	-	31	2:44:37	51	2:44:37
Sognesand	-	52:55	-	36	23:00	58	23:00	-	6:57:12	-	28	3:07:25	50	3:07:25
Kåsaklubben	-	41:46	-	35	40:42	54	40:42	-	7:38:58	-	31	3:24:11	53	3:24:11
Flørli	-	1:11:51	-	39	23:46	64	27:29	-	8:50:49	-	32	3:47:54	54	3:48:46
Ternevatnet	-	47:05	-	22	16:30	42	32:54	-	9:37:54	-	29	4:04:24	51	4:04:24
Klubbatjørna	-	6:24	-	24	3:38	43	4:10	-	9:44:18	-	28	4:08:02	48	4:08:18
Flørli	-	1:00:56	-	27	18:06	45	19:19	-	10:45:14	-	29	4:20:29	49	4:27:37
Finish	-	1:35:22	-	10	14:35	15	14:35	41.40	12:20:36	-	28	3:53:58	47	4:13:48