



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Idol Marius och Foglassen

Number: 306

Course: 41.40 km
SwimRun

Category:
Men

Total time: 12:22:38

Speed: 3.34 km/h

Running performance: 17:57 min/km

Rank in course: 47 (of 74)

Best time in course: 8:06:48

Rank in category: 28(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	-	1:56:03	-	47	1:39:09	73	1:39:09	-	1:56:03	-	47	1:39:09	73	1:39:09
Preikestolen	-	1:02:58	-	41	19:52	62	19:52	-	2:59:01	-	45	1:58:13	69	1:58:13
Bratteli	-	51:11	-	43	14:41	66	14:41	-	3:50:12	-	44	2:12:14	69	2:12:14
Bakken kai	-	2:25:45	-	26	44:03	43	46:50	-	6:15:57	-	33	2:56:17	56	2:56:17
Sognesand	-	54:12	-	37	24:17	61	24:17	-	7:10:09	-	33	3:20:22	57	3:20:22
Kåsaklubben	-	31:40	-	12	30:36	18	30:36	-	7:41:49	-	33	3:27:02	55	3:27:02
Flørli	-	1:00:10	-	18	12:05	32	15:48	-	8:41:59	-	29	3:39:04	51	3:39:56
Ternevatnet	-	59:29	-	42	28:54	67	45:18	-	9:41:28	-	31	4:07:58	53	4:07:58
Klubbatjørna	-	6:15	-	22	3:29	41	4:01	-	9:47:43	-	29	4:11:27	49	4:11:43
Flørli	-	1:08:16	-	31	25:26	53	26:39	-	10:55:59	-	32	4:31:14	53	4:38:22
Finish	-	1:26:39	-	3	5:52	5	5:52	41.40	12:22:38	-	29	3:56:00	48	4:15:50