



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

The gruesome twosome

Number: 327

Course: 41.40 km
SwimRun

Category:
Men

Total time: 12:28:03

Speed: 3.32 km/h

Running performance: 18:05 min/km

Rank in course: 49 (of 74)

Best time in course: 8:06:48

Rank in category: 29(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	-	1:48:48	-	23	1:31:54	43	1:31:54	-	1:48:48	-	23	1:31:54	43	1:31:54
Preikestolen	-	53:40	-	19	10:34	31	10:34	-	2:42:28	-	23	1:41:40	39	1:41:40
Bratteli	-	48:11	-	31	11:41	49	11:41	-	3:30:39	-	28	1:52:41	44	1:52:41
Bakken kai	-	2:38:59	-	33	57:17	58	1:00:04	-	6:09:38	-	32	2:49:58	53	2:49:58
Sognesand	-	43:42	-	19	13:47	35	13:47	-	6:53:20	-	27	3:03:33	49	3:03:33
Kåsaklubben	-	43:43	-	37	42:39	59	42:39	-	7:37:03	-	29	3:22:16	50	3:22:16
Flørli	-	1:13:45	-	41	25:40	67	29:23	-	8:50:48	-	31	3:47:53	53	3:48:45
Ternevatnet	-	43:23	-	15	12:48	33	29:12	-	9:34:11	-	28	4:00:41	50	4:00:41
Klubbatjørna	-	4:54	-	13	2:08	25	2:40	-	9:39:05	-	27	4:02:49	47	4:03:05
Flørli	-	1:05:38	-	28	22:48	48	24:01	-	10:44:43	-	28	4:19:58	48	4:27:06
Finish	-	1:43:20	-	13	22:33	20	22:33	41.40	12:28:03	-	30	4:01:25	50	4:21:15