



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

N/A

Number: 308

Course: 41.40 km
SwimRun

Category:
Men

Total time: 9:00:57

Speed: 4.59 km/h

Running performance: 13:04 min/km

Rank in course: 5 (of 74)

Best time in course: 8:06:48

Rank in category: 3(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	-	23:54	-	13	7:00	24	7:00	-	23:54	-	13	7:00	24	7:00
Preikestolen	-	51:42	-	10	8:36	20	8:36	-	1:15:36	-	12	14:48	23	14:48
Bratteli	-	36:30	-	1	-	1	-	-	1:52:06	-	6	14:08	12	14:08
Bakken kai	-	1:44:01	-	2	2:19	3	5:06	-	3:36:07	-	4	16:27	6	16:27
Sognesand	-	40:26	-	11	10:31	25	10:31	-	4:16:33	-	4	26:46	7	26:46
Kåsaklubben	-	31:59	-	13	30:55	20	30:55	-	4:48:32	-	5	33:45	8	33:45
Flørli	-	49:21	-	4	1:16	6	4:59	-	5:37:53	-	5	34:58	8	35:50
Ternevatnet	-	43:40	-	16	13:05	34	29:29	-	6:21:33	-	5	48:03	8	48:03
Klubbatjørna	-	4:37	-	10	1:51	22	2:23	-	6:26:10	-	5	49:54	9	50:10
Flørli	-	42:50	-	1	-	2	1:13	-	7:09:00	-	4	44:15	6	51:23
Finish	-	1:51:57	-	23	31:10	33	31:10	41.40	9:00:57	-	3	34:19	5	54:09