



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Vikings A

Number: 329

Course: 41.40 km
SwimRun

Category:
Men

Total time: 12:40:42

Speed: 3.27 km/h

Running performance: 18:23 min/km

Rank in course: 51 (of 74)

Best time in course: 8:06:48

Rank in category: 31(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	-	1:53:15	-	37	1:36:21	59	1:36:21	-	1:53:15	-	37	1:36:21	59	1:36:21
Preikestolen	-	1:01:35	-	39	18:29	59	18:29	-	2:54:50	-	40	1:54:02	62	1:54:02
Bratteli	-	49:26	-	34	12:56	54	12:56	-	3:44:16	-	41	2:06:18	64	2:06:18
Bakken kai	-	2:18:25	-	20	36:43	33	39:30	-	6:02:41	-	30	2:43:01	50	2:43:01
Sognesand	-	1:00:36	-	41	30:41	68	30:41	-	7:03:17	-	30	3:13:30	52	3:13:30
Kåsaklubben	-	37:45	-	26	36:41	38	36:41	-	7:41:02	-	32	3:26:15	54	3:26:15
Flørli	-	1:15:11	-	43	27:06	69	30:49	-	8:56:13	-	34	3:53:18	57	3:54:10
Ternevatnet	-	50:11	-	30	19:36	52	36:00	-	9:46:24	-	34	4:12:54	56	4:12:54
Klubbatjørna	-	12:10	-	41	9:24	65	9:56	-	9:58:34	-	32	4:22:18	54	4:22:34
Flørli	-	56:40	-	17	13:50	30	15:03	-	10:55:14	-	31	4:30:29	52	4:37:37
Finish	-	1:45:28	-	16	24:41	23	24:41	41.40	12:40:42	-	32	4:14:04	52	4:33:54