



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Team Streamgrove

Number: 311

Course: 41.40 km
SwimRun

Category:
Men

Total time: 13:00:26

Speed: 3.18 km/h

Running performance: 18:52 min/km

Rank in course: 55 (of 74)

Best time in course: 8:06:48

Rank in category: 33(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	-	1:49:47	-	26	1:32:53	46	1:32:53	-	1:49:47	-	26	1:32:53	46	1:32:53
Preikestolen	-	1:02:07	-	40	19:01	60	19:01	-	2:51:54	-	36	1:51:06	58	1:51:06
Bratteli	-	45:53	-	27	9:23	43	9:23	-	3:37:47	-	32	1:59:49	53	1:59:49
Bakken kai	-	2:43:11	-	37	1:01:29	62	1:04:16	-	6:20:58	-	34	3:01:18	59	3:01:18
Sognesand	-	49:39	-	29	19:44	49	19:44	-	7:10:37	-	34	3:20:50	58	3:20:50
Kåsaklubben	-	49:14	-	43	48:10	68	48:10	-	7:59:51	-	38	3:45:04	64	3:45:04
Flørli	-	1:03:07	-	23	15:02	39	18:45	-	9:02:58	-	35	4:00:03	58	4:00:55
Ternevatnet	-	48:23	-	26	17:48	46	34:12	-	9:51:21	-	35	4:17:51	59	4:17:51
Klubbatjørna	-	7:17	-	31	4:31	52	5:03	-	9:58:38	-	33	4:22:22	55	4:22:38
Flørli	-	1:00:45	-	26	17:55	44	19:08	-	10:59:23	-	33	4:34:38	55	4:41:46
Finish	-	2:01:03	-	27	40:16	41	40:16	41.40	13:00:26	-	34	4:33:48	56	4:53:38