



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Ducks of Hazard

Number: 317

Course: 41.40 km
SwimRun

Category:
Men

Total time: 13:03:37

Speed: 3.17 km/h

Running performance: 18:56 min/km

Rank in course: 57 (of 74)

Best time in course: 8:06:48

Rank in category: 34(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	-	1:52:04	-	31	1:35:10	52	1:35:10	-	1:52:04	-	31	1:35:10	52	1:35:10
Preikestolen	-	1:06:03	-	45	22:57	71	22:57	-	2:58:07	-	42	1:57:19	64	1:57:19
Bratteli	-	56:43	-	46	20:13	73	20:13	-	3:54:50	-	46	2:16:52	73	2:16:52
Bakken kai	-	2:37:23	-	32	55:41	56	58:28	-	6:32:13	-	41	3:12:33	68	3:12:33
Sognesand	-	45:21	-	23	15:26	41	15:26	-	7:17:34	-	38	3:27:47	64	3:27:47
Kåsaklubben	-	40:36	-	32	39:32	49	39:32	-	7:58:10	-	36	3:43:23	62	3:43:23
Flørli	-	1:08:08	-	35	20:03	59	23:46	-	9:06:18	-	36	4:03:23	62	4:04:15
Ternevatnet	-	48:16	-	25	17:41	45	34:05	-	9:54:34	-	37	4:21:04	61	4:21:04
Klubbatjørna	-	5:04	-	15	2:18	27	2:50	-	9:59:38	-	34	4:23:22	56	4:23:38
Flørli	-	1:17:41	-	41	34:51	65	36:04	-	11:17:19	-	35	4:52:34	58	4:59:42
Finish	-	1:46:18	-	17	25:31	24	25:31	41.40	13:03:37	-	35	4:36:59	58	4:56:49