



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Vikings B

Number: 338

Course: 41.40 km
SwimRun

Category:
Men

Total time: 13:05:57

Speed: 3.16 km/h

Running performance: 19:00 min/km

Rank in course: 58 (of 74)

Best time in course: 8:06:48

Rank in category: 35(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	-	1:53:34	-	38	1:36:40	60	1:36:40	-	1:53:34	-	38	1:36:40	60	1:36:40
Preikestolen	-	56:53	-	27	13:47	44	13:47	-	2:50:27	-	31	1:49:39	52	1:49:39
Bratteli	-	42:00	-	14	5:30	20	5:30	-	3:32:27	-	29	1:54:29	46	1:54:29
Bakken kai	-	3:15:36	-	43	1:33:54	70	1:36:41	-	6:48:03	-	44	3:28:23	71	3:28:23
Sognesand	-	52:44	-	35	22:49	57	22:49	-	7:40:47	-	44	3:51:00	71	3:51:00
Kåsaklubben	-	39:59	-	31	38:55	48	38:55	-	8:20:46	-	44	4:05:59	71	4:05:59
Flørli	-	1:03:36	-	25	15:31	41	19:14	-	9:24:22	-	43	4:21:27	70	4:22:19
Ternevatnet	-	47:44	-	24	17:09	44	33:33	-	10:12:06	-	40	4:38:36	67	4:38:36
Klubbatjørna	-	10:23	-	39	7:37	61	8:09	-	10:22:29	-	40	4:46:13	65	4:46:29
Flørli	-	53:02	-	13	10:12	23	11:25	-	11:15:31	-	34	4:50:46	57	4:57:54
Finish	-	1:50:26	-	19	29:39	29	29:39	41.40	13:05:57	-	36	4:39:19	59	4:59:09