



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Team Glærum

Total time: 13:15:33

Number: 335

Speed: 3.12 km/h

Running performance: 19:13 min/km

Course: 41.40 km

SwimRun

Rank in course: 59 (of 74)

Best time in course: 8:06:48

Category:

Rank in category: 36(of 47)

Men

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	-	1:51:25	-	29	1:34:31	49	1:34:31	-	1:51:25	-	29	1:34:31	49	1:34:31
Preikestolen	-	57:31	-	28	14:25	46	14:25	-	2:48:56	-	30	1:48:08	51	1:48:08
Bratteli	-	50:52	-	40	14:22	63	14:22	-	3:39:48	-	35	2:01:50	56	2:01:50
Bakken kai	-	2:43:15	-	38	1:01:33	63	1:04:20	-	6:23:03	-	35	3:03:23	61	3:03:23
Sognesand	-	51:42	-	33	21:47	55	21:47	-	7:14:45	-	36	3:24:58	61	3:24:58
Kåsaklubben	-	44:57	-	40	43:53	62	43:53	-	7:59:42	-	37	3:44:55	63	3:44:55
Flørli	-	1:09:32	-	37	21:27	62	25:10	-	9:09:14	-	37	4:06:19	63	4:07:11
Ternevatnet	-	44:46	-	19	14:11	38	30:35	-	9:54:00	-	36	4:20:30	60	4:20:30
Klubbatjørna	-	8:43	-	35	5:57	57	6:29	-	10:02:43	-	35	4:26:27	57	4:26:43
Flørli	-	1:18:11	-	42	35:21	66	36:34	-	11:20:54	-	37	4:56:09	60	5:03:17
Finish	-	1:54:39	-	24	33:52	34	33:52	41.40	13:15:33	-	37	4:48:55	60	5:08:45