



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Mikkeller Running Club

Number: 310

Course: 41.40 km
SwimRun

Category:
Men

Total time: 13:16:24

Speed: 3.12 km/h

Running performance: 19:15 min/km

Rank in course: 60 (of 74)

Best time in course: 8:06:48

Rank in category: 37(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	-	1:53:38	-	39	1:36:44	61	1:36:44	-	1:53:38	-	39	1:36:44	61	1:36:44
Preikestolen	-	1:07:30	-	46	24:24	73	24:24	-	3:01:08	-	47	2:00:20	73	2:00:20
Bratteli	-	55:16	-	45	18:46	72	18:46	-	3:56:24	-	47	2:18:26	74	2:18:26
Bakken kai	-	2:44:02	-	39	1:02:20	64	1:05:07	-	6:40:26	-	42	3:20:46	69	3:20:46
Sognesand	-	50:42	-	31	20:47	52	20:47	-	7:31:08	-	42	3:41:21	69	3:41:21
Kåsaklubben	-	44:09	-	39	43:05	61	43:05	-	8:15:17	-	42	4:00:30	69	4:00:30
Flørli	-	1:04:34	-	30	16:29	46	20:12	-	9:19:51	-	40	4:16:56	67	4:17:48
Ternevatnet	-	54:30	-	37	23:55	60	40:19	-	10:14:21	-	41	4:40:51	68	4:40:51
Klubbatjørna	-	6:22	-	23	3:36	42	4:08	-	10:20:43	-	39	4:44:27	63	4:44:43
Flørli	-	1:11:21	-	35	28:31	57	29:44	-	11:32:04	-	40	5:07:19	64	5:14:27
Finish	-	1:44:20	-	14	23:33	21	23:33	41.40	13:16:24	-	38	4:49:46	61	5:09:36