Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

SmithForce

Number: 341

Course: 41.40 km
SwimRun

Category:
Men

Total time: 13:24:36

Speed: 3.09 km/h
Running performance: 19:27 min/km

Rank in course: 62 (of 74)
Best time in course: 8:06:48

Rank in category: 39(of 47)
Best time in the category: 8:26:38

Intermediate times

Control	Split km	Split Time	Split min/km	Stage score Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Total ranking Pos Cat.	Behind Cat.	Pos Total	Behind Total
Preikestolhytta	-	1:52:47	-	34	1:35:53	56	1:35:53	-	1:52:47	-	34	1:35:53	56	1:35:53
Preikestolen	-	58:26	-	34	15:20	54	15:20	-	2:51:13	-	34	1:50:25	56	1:50:25
Bratteli	-	49:44	-	36	13:14	56	13:14	-	3:40:57	-	36	2:02:59	58	2:02:59
Bakken kai	-	2:42:26	-	36	1:00:44	61	1:03:31	-	6:23:23	-	36	3:03:43	62	3:03:43
Sognesand	-	47:44	-	26	17:49	44	17:49	-	7:11:07	-	35	3:21:20	59	3:21:20
Kåsaklubben	-	45:58	-	41	44:54	64	44:54	-	7:57:05	-	35	3:42:18	59	3:42:18
Flørli	-	1:14:37	-	42	26:32	68	30:15	-	9:11:42	-	38	4:08:47	64	4:09:39
Ternevatnet	-	50:40	-	32	20:05	54	36:29	-	10:02:22	-	38	4:28:52	63	4:28:52
Klubbatjørna	-	7:46	-	33	5:00	54	5:32	-	10:10:08	-	37	4:33:52	60	4:34:08
Flørli	-	1:16:18	-	40	33:28	64	34:41	-	11:26:26	-	39	5:01:41	62	5:08:49
Finish	-	1:58:10	-	26	37:23	39	37:23	41.40	13:24:36	-	40	4:57:58	63	5:17:48