



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Apolloports

Number: 121

Course: 41.40 km
SwimRun

Category:
Mix

Total time: 8:06:48

Speed: 5.10 km/h

Running performance: 11:46 min/km

Rank in course: 1 (of 74)

Best time in course: 8:06:48

Rank in category: 1(of 20)

Best time in the category: 8:06:48

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	-	18:29	-	1	-	5	1:35	-	18:29	-	1	-	5	1:35
Preikestolen	-	45:46	-	2	0:30	4	2:40	-	1:04:15	-	1	-	3	3:27
Bratteli	-	36:31	-	1	-	2	0:01	-	1:40:46	-	1	-	3	2:48
Bakken kai	-	1:38:55	-	1	-	1	-	-	3:19:41	-	1	-	2	0:01
Sognesand	-	33:04	-	2	0:48	5	3:09	-	3:52:45	-	1	-	2	2:58
Kåsaklubben	-	24:56	-	1	-	2	23:52	-	4:17:41	-	1	-	2	2:54
Flørli	-	44:22	-	1	-	1	-	-	5:02:03	-	1	-	1	-
Ternevatnet	-	31:43	-	2	17:32	4	17:32	-	5:33:46	-	1	-	2	0:16
Klubbatjørna	-	2:14	-	1	-	1	-	-	5:36:00	-	1	-	1	-
Flørli	-	41:37	-	1	-	1	-	-	6:17:37	-	1	-	1	-
Finish	-	1:49:11	-	6	23:18	26	28:24	41.40	8:06:48	-	1	-	1	-