



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

racetracker.no

Number: 312

Course: 41.40 km
SwimRun

Category:
Men

Total time: 9:18:39

Speed: 4.45 km/h

Running performance: 13:30 min/km

Rank in course: 8 (of 74)

Best time in course: 8:06:48

Rank in category: 5(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	-	21:57	-	9	5:03	19	5:03	-	21:57	-	9	5:03	19	5:03
Preikestolen	-	49:09	-	5	6:03	12	6:03	-	1:11:06	-	6	10:18	12	10:18
Bratteli	-	37:57	-	6	1:27	7	1:27	-	1:49:03	-	4	11:05	7	11:05
Bakken kai	-	1:48:21	-	4	6:39	6	9:26	-	3:37:24	-	5	17:44	7	17:44
Sognesand	-	40:48	-	13	10:53	28	10:53	-	4:18:12	-	6	28:25	9	28:25
Kåsaklubben	-	29:10	-	8	28:06	10	28:06	-	4:47:22	-	4	32:35	7	32:35
Flørli	-	48:57	-	3	0:52	5	4:35	-	5:36:19	-	4	33:24	7	34:16
Ternevatnet	-	41:56	-	10	11:21	27	27:45	-	6:18:15	-	4	44:45	7	44:45
Klubbatjørna	-	4:38	-	11	1:52	23	2:24	-	6:22:53	-	4	46:37	7	46:53
Flørli	-	48:43	-	7	5:53	12	7:06	-	7:11:36	-	5	46:51	7	53:59
Finish	-	2:07:03	-	31	46:16	49	46:16	41.40	9:18:39	-	5	52:01	8	1:11:51