



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

No Goubunku

Number: 104

Course: 41.40 km
SwimRun

Category:
Mix

Total time: 9:19:09

Speed: 4.44 km/h

Running performance: 13:31 min/km

Rank in course: 9 (of 74)

Best time in course: 8:06:48

Rank in category: 3(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	-	19:22	-	4	0:53	9	2:28	-	19:22	-	4	0:53	9	2:28
Preikestolen	-	48:43	-	6	3:27	10	5:37	-	1:08:05	-	4	3:50	8	7:17
Bratteli	-	42:30	-	6	5:59	22	6:00	-	1:50:35	-	4	9:49	8	12:37
Bakken kai	-	2:00:14	-	5	21:19	19	21:19	-	3:50:49	-	5	31:08	15	31:09
Sognesand	-	33:56	-	3	1:40	7	4:01	-	4:24:45	-	5	32:00	12	34:58
Kåsaklubben	-	34:43	-	6	9:47	30	33:39	-	4:59:28	-	5	41:47	13	44:41
Flørli	-	53:16	-	4	8:54	15	8:54	-	5:52:44	-	5	50:41	13	50:41
Ternevatnet	-	33:33	-	4	19:22	7	19:22	-	6:26:17	-	4	52:31	10	52:47
Klubbatjørna	-	3:51	-	5	1:37	15	1:37	-	6:30:08	-	4	54:08	10	54:08
Flørli	-	50:00	-	6	8:23	16	8:23	-	7:20:08	-	4	1:02:31	10	1:02:31
Finish	-	1:59:01	-	9	33:08	40	38:14	41.40	9:19:09	-	3	1:12:21	9	1:12:21