Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

God jul!

Number: 117

Course: 41.40 km
SwimRun

Category:
Mix

Total time: 9:46:14

Speed: 4.24 km/h
Running performance: 14:10 min/km

Rank in course: 16 (of 74)
Best time in course: 8:06:48

Rank in category: 6(of 20)
Best time in the category: 8:06:48

Intermediate times

Control	Stage score							Total ranking						
	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	-	20:54	-	7	2:25	13	4:00	-	20:54	-	7	2:25	13	4:00
Preikestolen	-	50:15	-	8	4:59	17	7:09	-	1:11:09	-	7	6:54	13	10:21
Bratteli	-	41:07	-	4	4:36	14	4:37	-	1:52:16	-	7	11:30	15	14:18
Bakken kai	-	1:56:41	-	4	17:46	15	17:46	-	3:48:57	-	4	29:16	11	29:17
Sognesand	-	35:30	-	7	3:14	13	5:35	-	4:24:27	-	4	31:42	10	34:40
Kåsaklubben	-	31:38	-	5	6:42	17	30:34	-	4:56:05	-	4	38:24	11	41:18
Flørli	-	55:50	-	8	11:28	23	11:28	-	5:51:55	-	4	49:52	11	49:52
Ternevatnet	-	36:36	-	8	22:25	14	22:25	-	6:28:31	-	5	54:45	12	55:01
Klubbatjørna	-	5:09	-	9	2:55	28	2:55	-	6:33:40	-	5	57:40	13	57:40
Flørli	-	52:45	-	8	11:08	22	11:08	-	7:26:25	-	5	1:08:48	11	1:08:48
Finish	-	2:19:49	-	15	53:56	57	59:02	41.40	9:46:14	-	6	1:39:26	16	1:39:26