



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

cap blanc nez

Number: 100

Course: 41.40 km
SwimRun

Category:
Mix

Total time: 11:28:07

Speed: 3.61 km/h

Running performance: 16:38 min/km

Rank in course: 33 (of 74)

Best time in course: 8:06:48

Rank in category: 11(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	-	1:45:15	-	13	1:26:46	37	1:28:21	-	1:45:15	-	13	1:26:46	37	1:28:21
Preikestolen	-	55:18	-	11	10:02	37	12:12	-	2:40:33	-	13	1:36:18	38	1:39:45
Bratteli	-	46:20	-	14	9:49	45	9:50	-	3:26:53	-	13	1:46:07	38	1:48:55
Bakken kai	-	2:22:11	-	12	43:16	40	43:16	-	5:49:04	-	14	2:29:23	39	2:29:24
Sognesand	-	39:22	-	10	7:06	22	9:27	-	6:28:26	-	13	2:35:41	37	2:38:39
Kåsaklubben	-	42:54	-	14	17:58	56	41:50	-	7:11:20	-	13	2:53:39	38	2:56:33
Flørli	-	1:05:13	-	13	20:51	47	20:51	-	8:16:33	-	13	3:14:30	38	3:14:30
Ternevatnet	-	38:20	-	10	24:09	17	24:09	-	8:54:53	-	12	3:21:07	37	3:21:23
Klubbatjørna	-	6:12	-	12	3:58	38	3:58	-	9:01:05	-	11	3:25:05	35	3:25:05
Flørli	-	58:09	-	12	16:32	37	16:32	-	9:59:14	-	11	3:41:37	36	3:41:37
Finish	-	1:28:53	-	2	3:00	9	8:06	41.40	11:28:07	-	11	3:21:19	34	3:21:19