Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Montem.training

Number: 118

Course: 41.40 km
SwimRun

Category:
Mix

Total time: 12:48:51

Speed: 3.23 km/h
Running performance: 18:35 min/km

Rank in course: 52 (of 74)
Best time in course: 8:06:48

Rank in category: 15(of 20)
Best time in the category: 8:06:48

Intermediate times

Control	Split km	Split Time	Split min/km	Stage score Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Total ranking Pos Cat.	Behind Cat.	Pos Total	Behind Total
Preikestolhytta	-	1:46:29	-	14	1:28:00	38	1:29:35	-	1:46:29	-	14	1:28:00	38	1:29:35
Preikestolen	-	57:04	-	14	11:48	45	13:58	-	2:43:33	-	14	1:39:18	41	1:42:45
Bratteli	-	52:25	-	18	15:54	68	15:55	-	3:35:58	-	16	1:55:12	50	1:58:00
Bakken kai	-	2:44:36	-	19	1:05:41	65	1:05:41	-	6:20:34	-	19	3:00:53	58	3:00:54
Sognesand	-	44:07	-	13	11:51	38	14:12	-	7:04:41	-	17	3:11:56	55	3:14:54
Kåsaklubben	-	52:05	-	19	27:09	69	51:01	-	7:56:46	-	18	3:39:05	58	3:41:59
Flørli	-	1:09:31	-	18	25:09	61	25:09	-	9:06:17	-	19	4:04:14	61	4:04:14
Ternevatnet	-	40:53	-	13	26:42	22	26:42	-	9:47:10	-	17	4:13:24	57	4:13:40
Klubbatjørna	-	6:37	-	14	4:23	45	4:23	-	9:53:47	-	15	4:17:47	52	4:17:47
Flørli	-	1:04:51	-	15	23:14	47	23:14	-	10:58:38	-	16	4:41:01	54	4:41:01
Finish	-	1:50:13	-	7	24:20	28	29:26	41.40	12:48:51	-	15	4:42:03	53	4:42:03