



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Team Couch Potatoes

Number: 111

Course: 41.40 km
SwimRun

Category:
Mix

Total time: 13:01:36

Speed: 3.18 km/h

Running performance: 18:53 min/km

Rank in course: 56 (of 74)

Best time in course: 8:06:48

Rank in category: 17(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	-	1:55:06	-	18	1:36:37	68	1:38:12	-	1:55:06	-	18	1:36:37	68	1:38:12
Preikestolen	-	1:04:27	-	19	19:11	68	21:21	-	2:59:33	-	20	1:55:18	71	1:58:45
Bratteli	-	48:36	-	16	12:05	51	12:06	-	3:48:09	-	18	2:07:23	66	2:10:11
Bakken kai	-	2:30:21	-	17	51:26	53	51:26	-	6:18:30	-	18	2:58:49	57	2:58:50
Sognesand	-	53:09	-	17	20:53	59	23:14	-	7:11:39	-	19	3:18:54	60	3:21:52
Kåsaklubben	-	45:37	-	16	20:41	63	44:33	-	7:57:16	-	19	3:39:35	60	3:42:29
Flørli	-	1:06:50	-	14	22:28	52	22:28	-	9:04:06	-	18	4:02:03	60	4:02:03
Ternevatnet	-	51:23	-	18	37:12	55	37:12	-	9:55:29	-	19	4:21:43	62	4:21:59
Klubbatjørna	-	11:03	-	17	8:49	63	8:49	-	10:06:32	-	17	4:30:32	59	4:30:32
Flørli	-	1:07:33	-	17	25:56	51	25:56	-	11:14:05	-	17	4:56:28	56	4:56:28
Finish	-	1:47:31	-	5	21:38	25	26:44	41.40	13:01:36	-	17	4:54:48	57	4:54:48