



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Kiltmen - the obsession!

Number: 108

Course: 41.40 km
SwimRun

Category:
Mix

Total time: 13:44:54

Speed: 3.01 km/h

Running performance: 19:56 min/km

Rank in course: 65 (of 74)

Best time in course: 8:06:48

Rank in category: 18(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	-	1:53:58	-	17	1:35:29	62	1:37:04	-	1:53:58	-	17	1:35:29	62	1:37:04
Preikestolen	-	1:04:22	-	18	19:06	67	21:16	-	2:58:20	-	17	1:54:05	66	1:57:32
Bratteli	-	53:05	-	19	16:34	69	16:35	-	3:51:25	-	20	2:10:39	71	2:13:27
Bakken kai	-	2:38:28	-	18	59:33	57	59:33	-	6:29:53	-	20	3:10:12	65	3:10:13
Sognesand	-	49:26	-	15	17:10	48	19:31	-	7:19:19	-	20	3:26:34	65	3:29:32
Kåsaklubben	-	47:41	-	18	22:45	66	46:37	-	8:07:00	-	20	3:49:19	65	3:52:13
Flørli	-	1:12:23	-	19	28:01	65	28:01	-	9:19:23	-	20	4:17:20	66	4:17:20
Ternevatnet	-	49:07	-	17	34:56	48	34:56	-	10:08:30	-	20	4:34:44	66	4:35:00
Klubbatjørna	-	12:18	-	18	10:04	66	10:04	-	10:20:48	-	18	4:44:48	64	4:44:48
Flørli	-	1:19:48	-	18	38:11	67	38:11	-	11:40:36	-	18	5:22:59	66	5:22:59
Finish	-	2:04:18	-	11	38:25	45	43:31	41.40	13:44:54	-	18	5:38:06	66	5:38:06