



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Wolff Wear SwimRun

Number: 204

Course: 41.40 km
SwimRun

Category:
Women

Total time: 9:09:43

Speed: 4.52 km/h
Running performance: 13:17 min/km

Rank in course: 6 (of 74)
Best time in course: 8:06:48
Rank in category: 1(of 7)
Best time in the category: 9:09:43

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	-	22:16	-	3	0:27	21	5:22	-	22:16	-	3	0:27	21	5:22	
Preikestolen	-	48:58	-	1	-	11	5:52	-	1:11:14	-	2	0:02	15	10:26	
Bratteli	-	40:23	-	1	-	11	3:53	-	1:51:37	-	1	-	11	13:39	
Bakken kai	-	1:57:25	-	2	4:04	17	18:30	-	3:49:02	-	1	-	12	29:22	
Sognesand	-	35:27	-	1	-	12	5:32	-	4:24:29	-	1	-	11	34:42	
Kåsaklubben	-	30:08	-	1	-	15	29:04	-	4:54:37	-	1	-	10	39:50	
Flørli	-	47:09	-	1	-	2	2:47	-	5:41:46	-	1	-	9	39:43	
Ternevatnet	-	39:52	-	2	2:14	19	25:41	-	6:21:38	-	1	-	9	48:08	
Klubbatjørna	-	3:25	-	1	-	6	1:11	-	6:25:03	-	1	-	8	49:03	
Flørli	-	47:23	-	2	3:21	5	5:46	-	7:12:26	-	1	-	9	54:49	
Finish	-	1:57:17	-	4	31:23	36	36:30	41.40	9:09:43	-	1	-	6	1:02:55	