



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Keep Calm and Keep Up

Number: 201

Course: 41.40 km
SwimRun

Category:
Women

Total time: 9:41:49

Speed: 4.27 km/h

Running performance: 14:04 min/km

Rank in course: 14 (of 74)

Best time in course: 8:06:48

Rank in category: 3(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	-	21:49	-	1	-	17	4:55	-	21:49	-	1	-	17	4:55
Preikestolen	-	49:23	-	2	0:25	13	6:17	-	1:11:12	-	1	-	14	10:24
Bratteli	-	43:14	-	3	2:51	26	6:44	-	1:54:26	-	2	2:49	18	16:28
Bakken kai	-	2:02:37	-	3	9:16	24	23:42	-	3:57:03	-	3	8:01	20	37:23
Sognesand	-	37:55	-	2	2:28	16	8:00	-	4:34:58	-	3	10:29	18	45:11
Kåsaklubben	-	33:01	-	3	2:53	24	31:57	-	5:07:59	-	3	13:22	18	53:12
Flørli	-	50:05	-	2	2:56	7	5:43	-	5:58:04	-	3	16:18	16	56:01
Ternevatnet	-	41:29	-	3	3:51	25	27:18	-	6:39:33	-	3	17:55	17	1:06:03
Klubbatjørna	-	3:59	-	4	0:34	16	1:45	-	6:43:32	-	3	18:29	17	1:07:32
Flørli	-	44:02	-	1	-	4	2:25	-	7:27:34	-	3	15:08	14	1:09:57
Finish	-	2:14:15	-	7	48:21	55	53:28	41.40	9:41:49	-	3	32:06	14	1:35:01