



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Team Weleda/swimrunpodden

Total time: 11:52:48

Number: 207

Speed: 3.48 km/h

Running performance: 17:14 min/km

Course: 41.40 km

SwimRun

Rank in course: 38 (of 74)

Best time in course: 8:06:48

Category:

Rank in category: 4(of 7)

Women

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	-	1:48:12	-	4	1:26:23	40	1:31:18	-	1:48:12	-	4	1:26:23	40	1:31:18
Preikestolen	-	56:10	-	4	7:12	41	13:04	-	2:44:22	-	4	1:33:10	44	1:43:34
Bratteli	-	50:06	-	6	9:43	59	13:36	-	3:34:28	-	4	1:42:51	49	1:56:30
Bakken kai	-	2:35:04	-	7	41:43	55	56:09	-	6:09:32	-	5	2:20:30	52	2:49:52
Sognesand	-	39:46	-	4	4:19	23	9:51	-	6:49:18	-	5	2:24:49	45	2:59:31
Kåsaklubben	-	41:32	-	6	11:24	53	40:28	-	7:30:50	-	6	2:36:13	48	3:16:03
Flørli	-	59:55	-	4	12:46	31	15:33	-	8:30:45	-	5	2:48:59	44	3:28:42
Ternevatnet	-	43:01	-	4	5:23	30	28:50	-	9:13:46	-	4	2:52:08	40	3:40:16
Klubbatjørna	-	6:14	-	6	2:49	40	4:00	-	9:20:00	-	4	2:54:57	38	3:44:00
Flørli	-	1:00:11	-	5	16:09	42	18:34	-	10:20:11	-	4	3:07:45	38	4:02:34
Finish	-	1:32:37	-	2	6:43	13	11:50	41.40	11:52:48	-	4	2:43:05	39	3:46:00