



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Laks n Frog

Number: 202

Course: 41.40 km
SwimRun

Category:
Women

Total time: 11:53:35

Speed: 3.48 km/h

Running performance: 17:15 min/km

Rank in course: 39 (of 74)

Best time in course: 8:06:48

Rank in category: 5(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	-	1:52:38	-	6	1:30:49	55	1:35:44	-	1:52:38	-	6	1:30:49	55	1:35:44
Preikestolen	-	58:10	-	5	9:12	50	15:04	-	2:50:48	-	6	1:39:36	53	1:50:00
Bratteli	-	46:41	-	4	6:18	47	10:11	-	3:37:29	-	5	1:45:52	52	1:59:31
Bakken kai	-	2:19:52	-	4	26:31	36	40:57	-	5:57:21	-	4	2:08:19	44	2:37:41
Sognesand	-	50:23	-	6	14:56	51	20:28	-	6:47:44	-	4	2:23:15	44	2:57:57
Kåsaklubben	-	34:39	-	4	4:31	29	33:35	-	7:22:23	-	4	2:27:46	43	3:07:36
Flørli	-	1:06:02	-	5	18:53	48	21:40	-	8:28:25	-	4	2:46:39	43	3:26:22
Ternevatnet	-	55:39	-	6	18:01	64	41:28	-	9:24:04	-	5	3:02:26	48	3:50:34
Klubbatjørna	-	5:16	-	5	1:51	29	3:02	-	9:29:20	-	6	3:04:17	46	3:53:20
Flørli	-	58:21	-	4	14:19	38	16:44	-	10:27:41	-	5	3:15:15	42	4:10:04
Finish	-	1:25:54	-	1	-	4	5:07	41.40	11:53:35	-	5	2:43:52	40	3:46:47