



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Team Hax

Number: 334

Course: 41.40 km
SwimRun

Category:
Men

Total time: 9:55:12

Speed: 4.17 km/h

Running performance: 14:23 min/km

Rank in course: 17 (of 74)

Best time in course: 8:06:48

Rank in category: 8(of 47)

Best time in the category: 8:26:38

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	-	25:31	-	17	8:37	29	8:37	-	25:31	-	17	8:37	29	8:37
Preikestolen	-	52:47	-	16	9:41	27	9:41	-	1:18:18	-	15	17:30	26	17:30
Bratteli	-	40:23	-	9	3:53	11	3:53	-	1:58:41	-	12	20:43	22	20:43
Bakken kai	-	1:49:27	-	6	7:45	8	10:32	-	3:48:08	-	7	28:28	10	28:28
Sognesand	-	45:33	-	24	15:38	42	15:38	-	4:33:41	-	9	43:54	17	43:54
Kåsaklubben	-	27:06	-	4	26:02	5	26:02	-	5:00:47	-	8	46:00	15	46:00
Flørli	-	54:38	-	12	6:33	22	10:16	-	5:55:25	-	8	52:30	15	53:22
Ternevatnet	-	42:18	-	11	11:43	28	28:07	-	6:37:43	-	8	1:04:13	16	1:04:13
Klubbatjørna	-	4:17	-	8	1:31	18	2:03	-	6:42:00	-	8	1:05:44	16	1:06:00
Flørli	-	52:28	-	11	9:38	20	10:51	-	7:34:28	-	8	1:09:43	17	1:16:51
Finish	-	2:20:44	-	36	59:57	59	59:57	41.40	9:55:12	-	8	1:28:34	17	1:48:24