



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Aktiv for epilepsi

Number: 339

Course: 41.40 km
SwimRun

Category:
Men

Total time: 9:58:30

Speed: 4.15 km/h

Running performance: 14:28 min/km

Rank in course: 19 (of 74)

Best time in course: 8:06:48

Rank in category: 9(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	-	21:35	-	8	4:41	16	4:41	-	21:35	-	8	4:41	16	4:41
Preikestolen	-	47:20	-	4	4:14	6	4:14	-	1:08:55	-	5	8:07	10	8:07
Bratteli	-	42:39	-	16	6:09	23	6:09	-	1:51:34	-	5	13:36	9	13:36
Bakken kai	-	1:52:33	-	8	10:51	10	13:38	-	3:44:07	-	6	24:27	9	24:27
Sognesand	-	33:32	-	4	3:37	6	3:37	-	4:17:39	-	5	27:52	8	27:52
Kåsaklubben	-	36:26	-	24	35:22	36	35:22	-	4:54:05	-	6	39:18	9	39:18
Flørli	-	1:01:06	-	20	13:01	35	16:44	-	5:55:11	-	7	52:16	14	53:08
Ternevatnet	-	33:16	-	3	2:41	6	19:05	-	6:28:27	-	6	54:57	11	54:57
Klubbatjørna	-	4:26	-	9	1:40	19	2:12	-	6:32:53	-	6	56:37	11	56:53
Flørli	-	57:45	-	20	14:55	33	16:08	-	7:30:38	-	6	1:05:53	15	1:13:01
Finish	-	2:27:52	-	40	1:07:05	64	1:07:05	41.40	9:58:30	-	9	1:31:52	19	1:51:42