The Rashomon set is realistic and it can be used to meaningfully capture explainable models.

The uncertainly of data leads to a Rashomon set: a set of reasonably accurate predictive models. In a process of data prediction, the amount of data is finite (means that the prediction cannot be completely accurate), so the data set has lots of close-to-optimal models which predictions are different but similar. These different models make up the Rashomon set. Thus, the Rashomon is realistic.

The Rashomon set can be used to meaningfully capture explainable models, because it contains many close-to-optimal relatively accurate models that one of them may be interpretable and probably contains simpler functions that can replace other functions. However, it doesn't mean that all Rashomon sets contain a interpretable model. Relatively speaking, a larger Rashomon set probably contains interpretable models and these interpretable accurate may be hard to find.