

# TIMES AND DISTANCES

## ÖTILLÖ FINAL 15 2017



Location (Start Ornö Kyrkviken)	Running	Swimming	Fast	Smooth
Start - Time 1	150		00:01	00:01
Time 1 - Kyrkviken West	1 250		00:06	00:09
Kyrkviken - Start quay		850	00:19	00:32
Start quay - Time 2	150		00:20	00:34
Time 2 - Ängsholmen	7 250		00:55	01:24
Ängsholmen - Kulbäling		270	01:00	01:34
Kulbäling	380		01:03	01:38
Kulbäling - Långbäling Time 3		300	01:08	01:45
Långbäling	1 800		01:18	01:59
Långbäling - Mellankobbarna		125	01:20	02:02
Mellankobbarna	360		01:22	02:06
Mellankobbarna - Järnholmen		65	01:23	02:10
Järnholmen	200		01:26	02:14
Järnholmssund		85	01:27	02:16
Utö North - Barnens Bad Time 4	2 200		01:38	02:30
Time 4 Barnens bad - Tallholmen		310	01:43	02:37
Tallholmen	300		01:45	02:40
Tallholmen- Utö N bastu		145	01:48	02:44
Utö N Bastu - Time 5	350		01:50	02:49
Time 5 - Finish Line Utö Vårdshus	300		01:53	02:55
<b>Total distances (meters)</b>	<b>14 690</b>	<b>2 150</b>		

**Total distance (metres)**      **16 840**  
 9 runs  
 8 swims  
 12 % swimming