

TIMES AND DISTANCES

ÖTILLÖ SPRINT HVAR 2017



Location (Start Hvar Main Square)	Running	Swimming	Fast	Slow
Start Hvar Main Square - Harbour	300		00:02	00:03
Harbour		250	00:06	00:10
Harbour - Majerovica peninsula, TIME 1	1 400		00:13	00:22
Majerovica peninsula - Marinkovac		950	00:27	00:46
Marinkovac, TIME 2 ENERGY 1	1 200		00:33	00:56
Marinkovac - Jerolim		370	00:39	01:05
Jerolim	1 100		00:45	01:13
Jerolim - Krizni Rat, TIME 3		525	00:53	01:27
Krizni Rat - Napoleon TIME 4 ENERGY 2	5 000		01:20	02:14
Napoleon - Amfora TIME 5	3 600		01:36	02:42
Amfora - Hvar harbour		350	01:45	02:51
Hvar harbour - Hvar Main square, FINISH	400		01:47	02:55
Total distances (meters)	13 000	2 445		

Total distance (metres) 15 445

6 runs

5 swims

16 % swimming