

# TIMES AND DISTANCES

## ÖTILLÖ SWIMRUN SPRINT UTÖ 2016



Location, Start at Utö Harbour	Running	Swimming	Fast	Smooth
Start - Utö Camping (Time 1)	1 695		00:07	00:15
Utö Camping (Time 1) - Ängsholmen		430	00:13	00:23
Ängsholmen	1 200		00:20	00:30
Ängsholmen - Time 2		350	00:25	00:40
Time 2 - Ryssugnarna	900		00:30	00:52
Ryssugnarna - Ängsholmen		120	00:32	00:56
Ängsholmen	325		00:34	01:00
Ängsholmen - St Persholmen		385	00:40	01:12
St Persholmen - Time 3	550		00:43	01:17
Time 3 - Fårskär	2 750		01:00	01:45
Fårskär - Rävstavik Liquid (Time 4)		220	01:02	01:52
Rävstavik (Time 4) - Barnens Bad (Time 5)	1 800		01:12	02:10
Barnens Bad (Time 5) - Tallholmen		400	01:18	02:22
Tallholmen	380		01:20	02:26
Tallholmen - Utö Sauna		180	01:22	02:29
Utö Sauna - FINISH LINE	250		01:23	02:30
<b>Total distances (meters)</b>	<b>9 850</b>	<b>2 085</b>		

**Total distance (metres)**      **11 935**  
 8 runs  
 7 swims  
 21 % swimming