

TIMES AND DISTANCES

ÖTILLÖ SWIMRUN 1000 LAKES 2016



Location (Start Wesenberg)	Running	Swimming	Fast	Slow
Start - Time 1	1 050		00:04	00:07
Time 1 - Drosedowsee	2 950		00:18	00:27
Drosedowsee		920	00:31	00:49
Drosedowsee - Time 2 (Liquid 1)	600		00:34	00:53
Time 2 - Krummer Woklowsee	675		00:37	00:58
Krummer Woklowsee		1 370	00:58	01:32
TIME 3 Energy 1 – CAMPZ Sprint Prize – CUT OFF @ 10:02				
Krummer Woklowsee (Time 3) - Drosedower Bek	1 720		01:07	01:43
Drosedower Bek		725	01:18	02:00
Drosedower Bek - Gobenowsee Time 4 (Energy 2)	2 950		01:33	02:21
Gobenowsee		330	01:38	02:30
Gobenowsee - Labussee	1 500		01:46	02:40
Labussee Time 5 (Energy 3)		1 480	02:08	03:15
Labussee - Grunplan Time 6 (Energy 4)	4 100		02:28	03:45
Grunplan - Zootensee	3 800		02:47	04:13
Zootensee		700	02:58	04:32
Zootensee - Gr. Zermittensee	4 100		03:20	05:02
Gr. Zermittensee		500	03:28	05:15
Gr. Zermittensee - Time 7 (Energy 5)	790		03:32	05:25
TIME 7 Energy 5 – CUT OFF @ 13:55				
Time 7 - Gr. Pätchsee	2 310		03:43	05:43
Gr. Pätchsee		1 500	04:05	06:20
Gr. Pätchsee - Gr. Rheinsbergersee	1 300		04:12	06:30
Gr. Rheinsbergersee		1 200	04:30	07:02
Gr. Rheinsbergersee - Linowsee	900		04:35	07:09
Linowsee Time 8 (Energy 6)		800	04:47	07:30
Linowsee - Grienericksee	4 300		05:10	08:00
Grienericksee Time 9		500	05:18	08:13
Grienericksee - Finish Rheinsberg	300		05:20	08:16
Total distances (meters)	33 345	10 025		

Total distance (metres) 43 370
 12 runs
 11 swims
 23 % swimming