

TIMES AND DISTANCES

ÖTILLÖ SWIMRUN SPRINT ENGADIN 2016



Location (Start Sportsfield Silvaplana)	Running	Swimming	Vertical +/-	Fast	Smooth
Start - Camping	640			00:04	00:06
Camping - Kite surf beach		325		00:08	00:12
Kite surf beach - TIME 1	870			00:13	00:19
TIME 1 - Time 2 Lej Champfer bridge LIQUID	5 530		150 m / 150 m	00:40	01:09
Time 2 - Fishermans stone	400			00:42	01:14
Lej Champfer 1		345		00:47	01:20
Shore - Small point	925			00:52	01:30
Lej Champfer 2		750		01:01	01:42
Shore - Time 3 Lej Champfer bridge LIQUID	310			01:03	01:45
Time 3 - Lake neck	975			01:08	01:53
Lej Champfer 3		285		01:12	01:59
Shore - Time 4 Surlej bridge	1 270			01:20	02:10
Time 4 - Finish Line Silvaplana	810			01:25	02:20
Total distances (meters)	11 730	1 705	150 m pos		

Total distance (metres) **13 435**
 5 runs
 4 swims
 12 % swimming