

TIMES AND DISTANCES

ÖTILLÖ SWIMRUN SPRINT 1000 LAKES 2016



| Location (Start Kagar) | Running | Swimming | Fast | Smooth |
|-------------------------------------|---------------|--------------|-------|--------|
| Start - Gr. Zermittensee | 1 250 | | 00:05 | 00:08 |
| Gr Zermittensee | | 500 | 00:13 | 00:20 |
| Gr Zermittensee - Time 1 (Liquid 1) | 790 | | 00:17 | 00:26 |
| Time 1 - Gr. Pätschsee | 2 910 | | 00:37 | 00:54 |
| Gr. Pätschsee | | 330 | 00:48 | 01:12 |
| Gr. Pätschsee - Linowsee | 3 700 | | 00:53 | 01:19 |
| Linowsee Time 2 (Energy 1) | | 740 | 01:04 | 01:37 |
| Time 2 - Grienericksee | 4 150 | | 01:24 | 02:05 |
| Grienericksee - Time 3 | | 500 | 01:30 | 02:17 |
| Time 3 - Finish Rheinsberg | 250 | | 01:33 | 02:24 |
| Total distances (meters) | 13 050 | 2 070 | | |

Total distance (metres) **15 120**
 5 runs
 4 swims
 14 % swimming