

TIMES AND DISTANCES

ÖTILLÖ SWIMRUN UTÖ 2018



Location (Start Utö Harbour)	Running	Swimming	Fast	Slow
Start - Utö camping (Time 1)	2 600		00:11	00:22
Utö camping - Ängsholmen		440	00:17	00:33
Ängsholmen	1 200		00:23	00:43
Ängsholmen - Dive tower		350	00:28	00:51
Dive tower - Time 2 (Red Bull energy station)	850		00:32	00:57
Time 2 - Ö Mynäsudd (Time 3)	2 500		00:42	01:14
Ö Mynäsudd - V Mynäsudd		350	00:47	01:22
S Mynäsudd - Time 4 (Energy)	4 500		01:10	01:57
Time 4 - Ryssnäset	970		01:14	02:05
Ryssnäset - Rånö		250	01:16	02:09
Rånö - Hästholmsviken	200		01:17	02:11
Hästholmsviken		250	01:21	02:15
Rånö	350		01:23	02:18
Rånö - Ålö Norrskog		260	01:26	02:23
Ålö Norrskog - Båtshaket (Time 5 - Energy)	2 650		01:40	02:45
CUT OFF 13:00 @ Time 5				
Båtshaket - Södermarsholmen		430	01:47	03:00
Södermarsholmen	480		01:50	03:07
Södermarsholmen - Slangudd		275	01:54	03:16
Slangudd - Tymarsviken	2 050		02:04	03:31
Tymarsviken - Small house		50	02:05	03:32
Small house - Inner Tymarsviken	200		02:06	03:33
Inner Tymarsviken - Sand beach		50	02:07	03:34
Tymarsviken - Storsandsudd	1 560		02:15	03:48
Storsandsudd - Ålö Storsand (Time 6 - Energy)		370	02:20	03:58
Ålö Storsand - Laxvik	800		02:24	04:06
Laxvik		280	02:28	04:14
Laxvik - Kobryggan	3 970		02:46	04:44
Kobryggan - Ryssnäset		310	02:51	04:50
Ryssnäset - Time 7 (same as Time 4) - Energy	950		02:55	04:57
Time 7 - Time 8 (same as Time 2) - Red Bull energy	3 700		03:12	05:25
CUT-OFF 15:40 @ Time 8				
Time 8 - Ryssugnarna	2 020		03:21	05:40
Ryssugnarna - St Persholmen		600	03:30	05:56
St Persholmen - Time 9	550		03:32	06:00
CUT-OFF 16:15 @ Time 9				
Time 9 - Fårskär	2 625		03:45	06:21
Fårskär - Rävstavik (Time 10 - Energy)		330	03:49	06:30
Rävstavik - Barnens Bad (Time 11)	2 100		03:58	06:45
Barnens Bad - Small island		105	03:59	06:50
Small island	10		04:00	06:51
Small island - Bigger small island		100	04:02	06:56
Bigger small island	70		04:03	06:58
Bigger small island - Tallholmen		185	04:05	07:03
Tallholmen	380		04:08	07:07
Tallholmen - Utö		180	04:10	07:13
Utö - Finish line	370		04:12	07:21
TOTALS	37 655	5 165		

Total distance (metres) 42 820
 21 runs
 19 swims
 12 % swimming