

TIMES AND DISTANCES

ÖTILLÖ Swimrun World Championship 2017

| Location | Running | Swimming | Fast | Slow |
|--|---------------|--------------|----------|----------|
| Start - TIME 1 | 200 | | 00:00:13 | 00:00:40 |
| TIME 1 - First swim | 1 000 | | 00:05 | 00:06 |
| Sandön - Vindalsö | | 1 750 | 00:29 | 00:52 |
| Vindalsö | 860 | | 00:34 | 00:59 |
| Vindalsö - Skarp Runmarö TIME 2 Energy 1 (liquid only) | | 300 | 00:42 | 01:05 |
| Skarp Runmarö | 4 400 | | 01:08 | 01:40 |
| Skarp Runmarö - Rönnkläppen | | 380 | 01:12 | 01:47 |
| Rönnkläppen | 190 | | 01:14 | 01:49 |
| Rönnkläppen - Runmarö TIME 3 | | 500 | 01:20 | 01:58 |
| TIME 3 - Runmarö Styrsvik TIME 4, RED BULL Sprint Prize Energy 2 | 4 350 | | 01:39 | 02:25 |
| CUT-OFF @ 09:00 | | | | |
| TIME 4 - Runmarö/Storön TIME 5 | 4 400 | | 01:59 | 02:56 |
| TIME 5 - Risselö | | 280 | 02:04 | 03:02 |
| Risselö | 800 | | 02:09 | 03:10 |
| Risselö - Munkö | | 320 | 02:14 | 03:18 |
| Munkö - TIME 6 Energy 3 | 700 | | 02:20 | 03:29 |
| TIME 6 - End of Munkö | 1 750 | | 02:35 | 03:40 |
| Munkö - Käcksjär | | 1 000 | 02:47 | 04:05 |
| Käcksjär | 530 | | 02:51 | 04:14 |
| käcksjär - Nämdö N TIME 7 | | 480 | 02:56 | 04:34 |
| TIME 7 - Nämdö Solvik Addnature Sprint Prize TIME 8, Energy 4 | 4 900 | | 03:16 | 05:10 |
| CUT-OFF @ 11:15 | | | | |
| TIME 8 - End of Nämdö | 3 400 | | 03:31 | 05:41 |
| Nämdö - Mörtö | | 210 | 03:33 | 05:46 |
| Mörtö - Mörtö Gård TIME 9 Energy 5 | 2 500 | | 03:45 | 06:08 |
| TIME 9 - End of Mörtö | 1 100 | | 03:51 | 06:18 |
| Mörtö - Small island | | 90 | 03:52 | 06:23 |
| Small island | 85 | | 03:53 | 06:26 |
| Small island - Mörtö klobb | | 60 | 03:54 | 06:29 |
| Mörtö klobb | 490 | | 03:58 | 06:35 |
| Mörtö klobb - Kvinnoholmen TIME 10 | | 1 400 | 04:23 | 07:14 |
| Kvinnoholmen | 430 | | 04:25 | 07:22 |
| Kvinnoholmen - Mörtö Bunsö | | 60 | 04:27 | 07:24 |
| Mörtö Bunsö - TIME 11 Energy 6 | 2 260 | | 04:37 | 07:44 |
| CUT-OFF @ 14:30 | | | | |
| TIME 11 - End of Mörtö Bunsö | 240 | | 04:39 | 07:48 |
| Mörtö Bunsö - Kymmendö Bunsö | | 200 | 04:41 | 07:52 |
| Kymmendö Bunsö TIME 12 at the end | 1 450 | | 04:53 | 08:16 |
| TIME 12 - Getsjär | | 970 | 05:05 | 08:42 |
| Getsjär | 200 | | 05:08 | 08:47 |
| Getsjär - Kymmendö | | 225 | 05:11 | 08:51 |
| Kymmendö - TIME 13 Energy 7 | 2 700 | | 05:30 | 09:12 |
| CUT-OFF @ 16:00 | | | | |
| TIME 13 - Ornö | | 300 | 05:36 | 09:20 |
| Ornö N - Ornö church TIME 14 Red Bull Energy 8 | 11 900 | | 06:26 | 10:50 |
| Start Final 15 section | | | | |
| TIME 14 - Ängsholmen TIME 15 | 7 800 | | 07:04 | 11:59 |
| CUT-OFF @ 18:00 | | | | |
| TIME 15 - Kullbäling | | 260 | 07:07 | 12:20 |
| Kullbäling | 350 | | 07:11 | 12:26 |
| Kullbäling - Långbäling TIME 16 Energy 9 | | 350 | 07:20 | 12:36 |
| TIME 16 - End of Långbäling | 1 980 | | 07:31 | 12:56 |
| Långbäling - Mellankobbarna | | 110 | 07:33 | 13:05 |
| Mellankobbarna | 390 | | 07:36 | 13:15 |
| Mellankobbarna - Järnholmen | | 180 | 07:39 | 13:19 |
| Järnholmen | 210 | | 07:42 | 13:26 |
| Järnholmen - N Utö TIME 17 | | 100 | 07:43 | 13:31 |
| TIME 17 - Utö Tennis court TIME 18 | 3 050 | | 07:56 | 14:01 |
| TIME 18 - Finish ÖTILLÖ | 600 | | 07:59 | 14:05 |
| Total distances (74 740 meters) | 65 215 | 9 525 | | |