

# TIMES AND DISTANCES

## ÖTILLÖ 2016

Location	Running	Swimming	Fast	Slow
Start Sandhamn (06:00 CET)			-	-
Start – Time 1	200		00:00:13	00:00:40
Time 1 – First swim	1000		00:05	00:06
Sandön – Vindalsö		1750	00:30	00:52
Vindalsö	860		00:35	00:59
Vindalsö – Skarp Runmarö : Time 2 Energy 1 (liquid only)		300	00:42	01:05
Skarp Runmarö	4400		01:04	01:40
Skarp Runmarö – Rönnkläppen		380	01:11	01:47
Rönnkläppen	190		01:12	01:49
Rönnkläppen – Runmarö : Time 3		500	01:18	01:58
Time 3 – Runmarö Styrsvik : Time 4 Energy 2 – RED BULL Sprint	4350		01:38	02:25
<b>CUT-OFF AT 09:00</b>				
Time 4 – Runmarö/Storön : Time 5	4400		01:59	02:56
Time 5 – Risselö		280	02:05	03:02
Risselö	800		02:10	03:10
Risselö – Munkö		320	02:16	03:18
Munkö – Time 6 : Energy 3	700		02:22	03:29
Time 6 – End of Munkö	1750		02:34	03:40
Munkö – Käcksjär		1000	02:49	04:05
Käcksjär	530		02:54	04:14
Käcksjär – Nämdö N : Time 7		480	03:01	04:34
Time 7 – Nämdö Solvik : Time 8 Energy 4 – ADDNATURE Sprint Prize	4900		03:24	05:10
<b>CUT-OFF at 12:00</b>				
Time 8 – End of Nämdö	3400		03:40	05:41
Nämdö – Mörtö		210	03:44	05:46
Mörtö – Mörtö Gård : Time 9 Energy 5	2500		03:56	06:08
Time 9 – End of Mörtö	1100		04:02	06:18
Mörtö – Small island		90	04:04	06:23
Small island	85		04:06	06:26
Small island – Mörtö klubb		60	04:07	06:29
Mörtö klubb	490		04:11	06:35
Mörtö klubb – Kvinnoholmen : Time 10		1400	04:34	07:14
Kvinnoholmen	430		04:37	07:22
Kvinnoholmen – Mörtö Bunsö		60	04:38	07:24
Mörtö Bunsö – Time 11 Energy 6	2260		04:50	07:44
<b>CUT-OFF AT 14:30</b>				
Time 11 – End of Mörtö Bunsö	240		04:53	07:48
Mörtö Bunsö – Kymmendö Bunsö		200	04:58	07:52
Kymmendö Bunsö : Time 12 at the end	1450		05:08	08:16
Time 12 – Getsjär		970	05:23	08:42
Getsjär	200		05:25	08:47
Getsjär – Kymmendö		225	05:29	08:51
Kymmendö – Time 13 : Energy 7	2700		05:43	09:12
<b>CUT-OFF AT 16:00</b>				
Time 13 – Ornö		300	05:50	09:20
Ornö N – Ornö church : Time 14 Energy 8 – RED BULL station	11900		06:40	10:50
Time 14 – Ängsholmen : Time 15	7800		07:20	11:59
<b>CUT- OFF AT 18:00</b>				
Time 15 – Kullbäling		260	07:25	12:20
Kullbäling	350		07:28	12:26
Kullbäling - Långbäling : Time 16 Energy 9		350	07:37	12:36
Time 16 – End of Långbäling	1980		07:46	12:56
Långbäling – Mellankobbarna		110	07:49	13:05
Mellankobbarna	390		07:52	13:15
Mellankobbarna – Järnholmen		180	07:55	13:19
Järnholmen	210		07:57	13:26
Järnholmen – N Utö : Time 17		100	08:00	13:31
Time 17 – Utö Tennis court : Time 18	3050		08:14	14:01
Time 18 – FINISH ÖTILLÖ 2016	250		08:16	14:05
<b>Total distances (74 390 meters)</b>	<b>64 865</b>	<b>9 525</b>		