

TIMES AND DISTANCES

ÖTILLÖ EXPERIENCE 1000 LAKES 2018



Location (Start Rheinsberg by the Church)	Running	Swimming	Fast	Slow
Start - entry first swim Time 1	420		00:02	00:04
Grienericksee		480	00:10	00:19
Grienericksee - Grosser Rheinseberger See	2200		00:21	00:41
Grosser Rheinseberger See		300	00:26	00:51
Grosser Rheinseberger See - Camping	600		00:29	00:57
Camping - Warenthin		300	00:34	01:07
Warenthin - Time 2 Energy	300		00:36	01:10
Time 2 Energy - Grienericksee	2800		00:49	01:37
Grienericksee Time 3		480	00:57	01:52
Grienericksee - Finish	420		00:59	01:56
Total distances (meters)	6 740	1 560		

Total distance (metres) 8 300

5 runs

4 swims

19% swimming