

TIMES AND DISTANCES

ÖTILLÖ WORLD SERIES HVAR 2019



Location (Start Hvar Main Square)	Running	Swimming	Fast	Slow
Start Hvar Main Square - Harbour	290		00:01	00:02
Harbour		245	00:05	00:08
Harbour - Hotel Sirena TIME 1	1 900		00:15	00:25
Hotel Sirena - Sirena peninsula	400		00:17	00:29
Sirena Peninsula - Vela Garska Bay		1 700	00:42	01:11
Vela garska - Point Pelegrin TIME 2, ENERGY	3 700		01:00	01:42
CUT-OFF @ 11:00				
Point Pelegrin - Carnjani Bok TIME 3, ENERGY		2 950	01:44	02:56
Carnjani Bok - Velo Zdrilo	4 400		02:06	03:34
Velo Zdrilo		450	02:13	03:45
Borovac	600		02:16	03:50
Borovac - Marinkovac		500	02:23	04:02
Marinkovac TIME 4, ENERGY	1 400		02:30	04:14
Marinkovac - Jerolim		330	02:35	04:22
Jerolim	1 100		02:41	04:32
Jerolim - Krizni Rat TIME 5		560	02:49	04:46
Krizni Rat - Hvar Quay TIME 6, ENERGY	1 500		02:56	04:59
CUT-OFF @ 14:15				
Hvar Quay - Skargatovica TIME 7, ENERGY	6 900		03:32	06:03
Skargatovica - Milna TIME 8, ENERGY	5 200		03:59	06:47
CUT-OFF @ 16:05				
Milna Bay		700	04:10	07:04
Milna Bay - Mecrevica Bay	1 200		04:16	07:14
Mecrevica Bay - Pokonji Bay		1 400	04:37	07:49
Pokonji Bay - Krizni Rat TIME 9 (same as time 5)	1 500		04:45	08:02
Krizni Rat - FINISH Hvar Main Square	1 500		04:53	08:15
Total distances (meters)	31 590	8 835		

Total distance (metres) 40 425

10 runs

9 swims

22 % swimming