

TIMES AND DISTANCES

ÖTILLÖ EXPERIENCE UTÖ 2019



Location	Running	Swimming	Fast	Smooth
Start - Fårskär	3 400		00:17	00:34
Fårskär - Rävstavik, Time 1 Energy		350	00:23	00:46
Time 1 - Barnens Bad, Time 2	2 200		00:34	01:06
Time 2 - Small Island		150	00:37	01:11
Small Island	100		00:38	01:12
Small Island - Tallholmen		200	00:41	01:19
Tallholmen	400		00:43	01:23
Tallholmen - Utö Activity center		250	00:47	01:31
Utö Activity center - FINISH LINE	50		00:47	01:31
Total distances (meters)	6 150	950		

Total distance (metres) 7 100

5 runs

4 swims

13 % swimming