

TIMES AND DISTANCES

ÖTILLÖ WORLD SERIES UTÖ 2019



Location	Running	Swimming	Fast	Slow
Start - Utö camping, Time 1	2 400		00:12	00:14
Time 1 - Ängsholmen		400	00:18	00:24
Ängsholmen	1 200		00:24	00:34
Ängsholmen - Dive tower		300	00:29	00:43
Dive tower - Time 2 Energy	800		00:33	00:50
Time 2 - Ö Mynäsudd, Time 3	2 500		00:35	01:10
Time 3 - V Mynäsudd		350	00:50	01:18
S Mynäsudd - Time 4 Energy	4 000		01:10	01:50
Time 4 - Ryssnäset	700		01:13	01:56
Ryssnäset - Rånö		250	01:16	02:02
Rånö - Hästholmsviken	200		01:17	02:04
Hästholmsviken		250	01:20	02:10
Rånö	350		01:21	02:13
Rånö - Ålö Norrskog		260	01:25	02:20
Ålö Norrskog - Båtshaket, Time 5 Energy	2 500		01:37	02:43
CUT OFF 13:00 at Time 5				
Båtshaket - Södermarsholmen		430	01:43	02:53
Södermarsholmen	480		01:45	02:57
Södermarsholmen - Small island		170	01:47	03:01
Small island	100		01:47	03:02
Small island - Slangudd		20	01:48	03:03
Slangudd - Tymarsviken	2 000		01:58	03:21
Tymarsviken - small house		50	01:59	03:22
small house - inner Tymarsviken	200		02:00	03:24
Inner Tymarsviken - sand beach		150	02:02	03:28
Tymarsviken - Storsandsudd	1 200		02:08	03:39
Storsandsudd - Ålö Storsand, Time 6 Energy		370	02:13	03:49
Time 6 - Laxvik	800		02:17	03:56
Laxvik		280	02:21	04:03
Laxvik - Kobryggan	3 900		02:40	04:38
Kobryggan - Ryssnäset		310	02:44	04:46
Ryssnäset - Time 7 (same as Time 4) Energy	900		02:48	04:54
Time 7 - Time 8 (same as Time 2) Energy	3 600		03:06	05:25
CUT OFF 15:40 at Time 8				
Time 8 - Ryssugnarna	2 200		03:17	05:42
Ryssugnarna - St Persholmen		600	03:26	05:56
St persholmen - Time 9 Energy	500		03:28	06:00
CUT-OFF 16:15 at Time 9				
Time 9 - Fårskär	2 600		03:41	06:23
Fårskär - Rävstavik, Time 10 Energy		330	03:45	06:32
Time 10 - Barnens Bad, Time 11	2 200		03:55	06:52
Time 11 - Small Island		150	03:57	06:56
Small Island	100		03:58	06:57
Small Island - Tallholmen		200	04:01	07:02
Tallholmen	400		04:03	07:06
Tallholmen - Utö Activity center		250	04:06	07:13
Utö Activity center - FINISH LINE	50		04:06	07:14
TOTALS	35 880	5 120		

Total distance (metres) 41 000
 20 runs
 19 swims
 12 % swimming