

TIMES AND DISTANCES

ÖTILLÖ EXPERIENCE Engadin



| Location | Running | Swimming | Fast | Slow |
|---|--------------|--------------|-------|-------|
| Start, Sportsfield Silvaplana - Camping | 600 | | 00:03 | 00:06 |
| Camping - Kite surf beach Time 1 | | 400 | 00:10 | 00:19 |
| Kite surf beach - Via Agluagliols | 1 200 | | 00:16 | 00:31 |
| Lej Suot | | 600 | 00:26 | 00:51 |
| Shoreline | 500 | | 00:29 | 00:56 |
| Lej Champfer Time 2 Energy | | 400 | 00:35 | 01:09 |
| Time 2 - Time 3 | 3 350 | | 00:51 | 01:41 |
| Time 3 - Finish line Silvaplana | 50 | | 00:52 | 01:42 |
| Total distances in metres | 5 700 | 1 400 | | |

Total distance in metres 7 100

4 runs

3 swims,

20 % swimming