

TIMES AND DISTANCES

ÖTILLÖ SPRINT 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 - Grip da l'Aivla Time 3 Energy	5 600		01:09	02:17
Time 3 - Lej Silvaplana Time 4	2 900		01:24	02:46
Lej Silvaplana		800	01:37	03:13
Lej Silvaplana - Time 5	2 050		01:47	03:34
Time 5 - Finish line Silvaplana	50		01:48	03:35
Total distances in metres	12 900	2 200		

Total distance in metres 15 100

5 runs

4 swims,

15 % swimming