

# TIMES AND DISTANCES

## ÖTILLÖ SWIMRUN ENGADIN



	Running	Swimming	Vertical +/-	Fast	Slow
Start Villa Baldini Maloja - Time 1	700			00:03	00:06
Time 1 - Lej Cavloc	2 200		110 m / 0 m	00:16	00:28
Lej Cavloc		300		00:21	00:36
Lej Cavloc - Time 2 Liquid	5 200		330 m / 440 m	00:56	01:36
Time 2 - Sils lake Maloja	2 400			01:08	01:57
Maloja - Camping		500		01:15	02:10
Camping -Time 3 Energy	1 400			01:22	02:22
<b>CUT OFF @ TIME 3 - 11:00</b>					
Time 3 - Isola Time 4	5 100		210 m / 210 m	01:53	03:15
Isola - Chaste Point		900		02:06	03:37
Chaste Point - Chaste 2nd swim	500			02:09	03:42
Chaste 2nd swim		600		02:17	03:57
Chaste 2nd swim - Sils Time 5 Energy	1 200			02:23	04:08
Time 5 - Lej Silvaplana	5 100		150 m / 150 m	02:52	04:59
Lej Silvaplana - Rabgussa Time 6 Energy		600		03:01	05:11
Time 6 - Lej Silvaplana	3 200		210 m / 210 m	03:21	05:47
Lej Silvaplana		800		03:33	06:06
Lej Silvaplana - Silvaplana Time 7 Energy	1 900			03:43	06:20
<b>CUT OFF @ TIME 7 - 14:50</b>					
Lej Champfer		1 400		04:04	07:03
Lej Champfer - Hahnsee parking Time 8 Energy	3 400		210 m / 0 m	04:27	07:49
Time 8 - Lej Champfer Time 9	5 100		165 m / 375 m	04:50	08:52
Lej Champfer 2		700		05:09	09:10
Shore - Time 10	2 000			05:18	09:29
Time 10 - Finish Line Silvaplana	100			05:19	09:31
<b>Total distances (meters)</b>	<b>39 500</b>	<b>5 800</b>	<b>1 500 m pos</b>		

**Total distance (metres) 45 300**  
 9 runs  
 8 swims  
 12,8% swimming