

TIMES AND DISTANCES

ÖTILLÖ SPRINT 1000 LAKES 2019



Location (Start Rheinsberg by the Church)	Running	Swimming	Fast	Slow
Start - Beach Rheinsberg	1 500		00:07	00:15
Grienericksee Time 1		830	00:21	00:43
Grienericksee - Grosser Rheinsberger See	1 300		00:28	00:56
Grosser Rheinsberger See		300	00:33	01:06
Grosser Rheinsberger See - Camping	600		00:36	01:12
Camping - Warenthin		300	00:41	01:22
Warenthin - Time 2 Energy	300		00:43	01:25
Time 2 Energy - Cut-off 12:40				
Time 2 - Grosser Pätschsee Time 3	3 100		00:59	01:57
Grosser Pätschsee		300	01:04	02:07
Grosser Pätschsee - Grosser Lindowsee	2 900		01:19	02:36
Grosser Lindowsee Time 4 Energy		600	01:29	02:56
Grosser Lindowsee - Grienericksee	3 920		01:49	03:35
Grienericksee Time 5		480	01:57	03:51
Grienericksee - Finish	470		02:00	03:56
Total distances (meters)	14 090	2 810		

Total distance (metres) **16 900**
 7 runs
 6 swims
 16 % swimming