

TIMES AND DISTANCES

ÖTILLÖ SPRINT ENGADIN 2019

Location (Start Sportsfield Silvaplan)	Running	Swimming	Vertical +/-	Fast	Smooth
Start - Camping	500			00:02	00:05
Camping - Kite surf beach Time 1		310		00:07	00:13
Kite surf beach - Time 2 (Liquid)	2 100			00:16	00:30
Time 2 - Lej Silvaplana	1 000			00:20	00:39
Lej Silvaplana		820		00:32	01:04
Lej Silvaplana - Time 3 (Liquid)	100			00:32	01:05
Time 3 - Time 4 (Energy)	4600		170 m / 170 m	00:53	01:45
Time 4 - Lej Champfer	500			00:55	01:49
Lej Champfer		820		01:08	02:14
Shore - Time 5 (Energy)	1 900			01:12	02:33
Lej Champfer 2		700		01:23	02:55
Shore - Time 6	1 900			01:33	03:15
Time 6 - Finish Line Silvaplana	50			01:33	03:16
Total distances (meters)	12 650	2 650	170 m pos		

Total distance (metres) **15 300**
 5 runs
 4 swims
 17% swimming