

TIMES AND DISTANCES

ÖTILLÖ SWIMRUN 1000 LAKES 2019



Location (Start Wesenberg)	Running	Swimming	Fast	Slow
Start - Time 1	1000		00:04	00:08
Time 1 - Drosedowsee	2800		00:16	00:33
Drosedowsee		1000	00:31	00:58
Drosedowsee - Time 2 (Energy 1)	600		00:34	01:03
Time 2 - Krummer Woklowsee	600		00:37	01:08
Krummer Woklowsee		1250	00:56	01:39
Time 3 Energy 2 - Cut off 10:10				
Time 3 - Gobenowsee Time 4 (Energy 3)	4200		01:14	02:16
Gobenowsee		430	01:21	02:27
Gobenowsee - Labusee	2200		01:31	02:43
Labusee Time 5 (Energy 4)		1300	01:51	03:15
Time 5 - Grunplan Time 6 (Energy 5)	4100		02:08	03:50
Grunplan - Zootsensee	3270		02:21	04:17
Zootsensee		650	02:31	04:33
Zootsensee - GR. Zermittensee	4200		02:48	05:09
GR. Zermittensee		550	02:57	05:23
GR. Zermittensee - Time 7 (Energy 6)	800		03:01	05:30
Time 7 (Energy 6) - CUT OFF 14:00				
Time 7 - Gr. Pätschsee	2500		03:13	05:54
Gr. Pätschsee		270	03:17	06:01
Gr. Pätschsee - Gr. Rheinsbergersee	2100		03:27	06:21
Gr. Rheinsbergersee		1100	03:44	06:48
Gr. Rheinsbergersee - Linowsee	1900		03:54	07:08
Linowsee Time 8 (Energy 7)		510	04:02	07:24
Time 8 - Grienericksee	3900		04:21	08:02
Grienericksee Time 9		500	04:28	08:14
Time 9 - Finish Rheinsberg	470		04:30	08:17
Total distance (meters)	33 800	7 560		

Total distance (meters) **42 200**
 11 runs
 10 swims
 18 % swimming