

TIMES AND DISTANCES

ÖTILLÖ SWIMRUN ENGADIN 2019



Location (Start Villa Baldini Maloja)	Running	Swimming	Vertical +/-	Fast	Slow
Start- Time 1	775			00:03	00:05
Time 1 - Lej Cavloc	2 500		125 m / 0 m	00:15	00:28
Lej Cavloc		270		00:19	00:36
Lej Cavloc - Time 2 Liquid	5 525		230 m / 355 m	00:50	01:30
Time 2 - Sils lake Maloja	2 500		50 m / 50 m	01:05	01:52
Maloja - Camping		550		01:14	02:07
Camping -Time 3 Energy	1 300			01:22	02:18
CUT OFF @ TIME 3 - 10:30					
Time 3 - Isola Time 4	4 700		200 m / 200 m	01:50	03:00
Isola - Chaste Point		830		02:04	03:32
Chaste Point - Chaste 2nd swim	555			02:07	03:38
Chaste 2nd swim		685		02:17	03:56
Chaste 2nd swim - Sils Time 5 Energy	1 170			02:23	04:07
Time 5 - Lej Silvaplana	5 400		200 m / 200 m	02:52	04:57
Lej Silvaplana - Rabgussa Time 6 Energy		625		03:02	05:13
Time 6 - Lej Silvaplana	3 755		375 m / 375 m	03:22	05:35
Lej Silvaplana		815		03:35	05:56
Lej Silvaplana - Silvaplana Time 7 Energy	1 950			03:46	06:14
CUT OFF @ TIME 7 - 14:20					
Lej Champfer		1 400		04:07	06:52
Lej Champfer - Hahnsee parking Time 8 Energy	3 700		384 m / 0 m	04:28	07:25
Time 8 - Lej Champfer Time 9	4 700		0 m / 384 m	04:50	08:00
Lej Champfer 2		750		05:03	08:22
Shore - Time 10	1 900			05:12	08:40
Time 10 - Finish Line Silvaplana	150			05:13	08:42
Total distances (meters)	40 580	5 925	1 570 m pos		

Total distance (metres) 46 505

9 runs

8 swims

13% swimming