

# TIMES AND DISTANCES

## ÖTILLÖ, The Swimrun World Championship 2019

Location	Running	Swimming	Fast	Slow
Start - TIME 1	200		00:00:13	00:00:40
TIME 1 - First swim	1 000		00:05	00:06
Sandön - Vindalsö		1 750	00:29	00:52
Vindalsö	860		00:34	00:59
Vindalsö - Skarp Runmarö TIME 2 Energy (liquid only)		300	00:42	01:05
Skarp Runmarö	4 400		01:08	01:40
Skarp Runmarö - Rönnkläppen		380	01:12	01:47
Rönnkläppen	190		01:14	01:49
Rönnkläppen - Runmarö TIME 3		500	01:20	01:58
TIME 3 - Runmarö Styrsvik TIME 4, NOCCO Sprint Prize Energy	4 350		01:39	02:25
CUT-OFF @ 09:00				
TIME 4 - Runmarö/Storön TIME 5	4 400		01:59	02:56
TIME 5 - Risselö		280	02:04	03:02
Risselö	800		02:09	03:10
Risselö - Munkö		320	02:14	03:18
Munkö - TIME 6 Energy	700		02:20	03:29
TIME 6 - End of Munkö	1 750		02:35	03:40
Munkö - Käcksjär		1 000	02:47	04:05
Käcksjär	530		02:51	04:14
käcksjär - Nämdö N TIME 7		480	02:56	04:34
TIME 7 - Nämdö Solvik Addnature Sprint Prize TIME 8, Energy	4 900		03:16	05:10
CUT-OFF @ 11:15				
TIME 8 - End of Nämdö	3 400		03:31	05:41
Nämdö - Mörtö		210	03:33	05:46
Mörtö - Mörtö Gärd TIME 9 Energy	2 500		03:45	06:08
TIME 9 - End of Mörtö	1 100		03:51	06:18
Mörtö - Small island		90	03:52	06:23
Small island	85		03:53	06:26
Small island - Mörtö klobb		60	03:54	06:29
Mörtö klobb	490		03:58	06:35
Mörtö klobb - Kvinnoholmen TIME 10		1 400	04:23	07:14
Kvinnoholmen	430		04:25	07:22
Kvinnoholmen - Mörtö Bunsö		60	04:27	07:24
Mörtö Bunsö - TIME 11 Energy	2 260		04:37	07:44
CUT-OFF @ 14:30				
TIME 11 - End of Mörtö Bunsö	240		04:39	07:48
Mörtö Bunsö - Kymmendö Bunsö		200	04:41	07:52
Kymmendö Bunsö TIME 12 at the end	1 450		04:53	08:16
TIME 12 - Getsjär		970	05:05	08:42
Getsjär	200		05:08	08:47
Getsjär - Kymmendö		225	05:11	08:51
Kymmendö - TIME 13 Energy	2 700		05:30	09:12
CUT-OFF @ 16:00				
TIME 13 - Ornö		300	05:36	09:20
Ornö N - Ornö church TIME 14 NOCCO Zone Energy	11 900		06:26	10:50
TIME 14 - Ängsholmen TIME 15	7 800		07:04	11:59
CUT-OFF @ 18:00				
TIME 15 - Kullbäling		260	07:07	12:20
Kullbäling	350		07:11	12:26
Kullbäling - Långbäling TIME 16 NOCCO Zone Energy		350	07:20	12:36
TIME 16 - End of Långbäling	1 980		07:31	12:56
Långbäling - Mellankobbe 1		110	07:33	13:05
Mellankobbe 1	170		07:34	13:09
Mellankobbe 1 - Mellankobbe 2		20	07:35	13:11
Mellankobbe 2	140		07:36	13:15
Mellankobbe 2 - Järnholmen		180	07:39	13:19
Järnholmen	210		07:42	13:26
Järnholmen - N Utö TIME 17		100	07:43	13:31
TIME 17 - Utö Tennis court TIME 18	3 050		07:56	14:01
TIME 18 - Finish ÖTILLÖ	600		07:59	14:05
Total distances (74 680 meters)	65 135	9 545		