

# TIMES AND DISTANCES ÖTILLÖ EXPERIENCE UTÖ



Location	Running	Swimming	Fast	Slow
Start - Utö camping <b>Time 1</b>	500		00:02	00:05
Utö Camping - Ängsholmen		500	00:11	00:22
Ängsholmen	1 100		00:16	00:33
Ängsholmen - Hopptornet <b>Time 2</b>		350	00:22	00:44
Hopptornet - Ryssugnarna	1 200		00:28	00:56
Ryssugnarna - Ängsholmen		100	00:29	00:59
Ängsholmen	400		00:31	01:03
Ängsholmen - St Persholmen		350	00:37	01:21
St persholmen - Utö Gästhamn <b>Time 3 Energy</b>	500		00:39	01:26
Utö Gästhamn - Barnens bad	2 200		00:49	01:46
Barnens bad - Tallholmen		300	00:54	01:56
Tallholmen	300		00:56	01:59
Tallholmen - Utö Activity center <b>Time 4</b>		250	01:00	02:07
Utö Activity center – Finish line Utö Vårdshus	350		01:02	02:10
<b>Total distances in metres</b>	<b>6 550</b>	<b>1 850</b>		

**Total distance in metres: 8 400**

7 runs

6 swims

23 % swimming