

TIMES AND DISTANCES

ÖTILLÖ SPRINT HVAR 2020



Location	Running	Swimming	Fast	Slow
Start, Hvar Main square - Harbour	300		0:02	0:03
Harbour		200	0:05	0:10
Harbour - Bonj Time 1	400		0:07	0:14
Bonj - Majerovica bay		500	0:15	0:31
Majerovica bay - Hvar Main Square Time 2 Liquid	1 300		0:22	0:44
Hvar Main square - Road crossing Miće Marchija CUT-OFF 12:40	1 300		0:28	0:57
Road crossing Miće Marchija - Milna Time 3 Energy	3 100		0:44	1:28
Milna bay		700	0:56	1:51
Milna Bay - Mekićevica Bay	1 600		1:04	2:07
Mekićevica Bay - Pokonji Bay Time 4 Energy		1 200	1:24	2:47
Pokonji Bay - Krizni Rat	1 400		1:31	3:01
Krizni Rat - Beach Križna Luka		300	1:36	3:11
Beach Križna Luka - Križa	600		1:39	3:17
Križa - Hotel Dalmacija Time 5		100	1:40	3:20
Hotel Dalmacija - Finish Hvar Main square	500		1:42	3:25
Total distances (metres)	10 500	3 000		

Total distance (metres) 13 500

7 runs

6 swims,

22 % swimming