

TIMES AND DISTANCES

ÖTILLÖ EXPERIENCE GOTHENBURG



Location	Running	Swimming	Fast	Slow
Start, Stora Rös Styrso - Time 1	500		00:02	00:04
Time 1 - Lilla Rävholmen	2 650		00:16	00:28
Lilla Rävholmen - Stora Rävholmen		250	00:20	00:36
Stora Rävholmen	450		00:23	00:40
Stora Rävholmen - Sjumansholmen		100	00:25	00:44
Sjumansholmen Time 2, Energy	300		00:27	00:47
Water passage		25	00:28	00:48
Small Island	25		00:29	00:49
Small Island - Small Island		15	00:30	00:50
Small Island	85		00:31	00:51
Small Island - Gula udden, Styrso		400	00:38	01:04
Gula udden - Time 3	2 800		00:52	01:29
Time 3 - Finish, Styrso Bratten	700		00:55	01:35
Total distances in meters	7 510	790		

Total distance in meters: 8 300

6 runs

5 swims

10% swimming