

TIMES AND DISTANCES ÖTILLÖ EXPERIENCE ENGADIN



Location	Running	Swimming	Fast	Slow
Start, Sportsfield Silvaplana - Camping	600		00:03	00:06
Camping - Kite surf beach Time 1		400	00:10	00:19
Kite surf beach - Via Agluagliols	1 200		00:16	00:31
Lej Suot		600	00:26	00:51
Shoreline	500		00:28	00:56
Lej Champfer Time 2 Energy		400	00:35	01:09
Time 2 - Time 3	3 200		00:51	01:41
Time 3 - Finish line Silvaplana	200		00:52	01:43
Total distances in metres	5 700	1 400		

Total distance in metres 7 100

4 runs

3 swims

20 % swimming