

# TIMES AND DISTANCES ÖTILLÖ SPRINT ENGADIN



Location	Running	Swimming	Vertical +/-	Fast	Slow
Start, Sportsfield Silvaplana - Camping	600			00:02	00:05
Camping - Kite surf beach <b>Time 1</b>		400		00:08	00:15
Kite surf beach - Via Agluagliols	1200			00:14	00:28
Lej Suot		600		00:24	00:48
Shoreline	500			00:26	00:53
Lej Champfer <b>Time 2 Energy</b>		400		00:32	01:06
Time 2 - Grip da l'Aivla <b>Time 3 Energy</b>	5 400		+300 m	00:58	02:15
Time 3 - Lej Silvaplana <b>Time 4</b>	3 000		-300 m	01:12	02:44
Lej Silvaplana		800		01:25	03:11
Lej Silvaplana – <b>Time 5</b>	2 100			01:35	03:33
Time 5 - Finish line Silvaplana	200			01:36	03:34
<b>Total distances in metres</b>	<b>13 000</b>	<b>2 200</b>			

**Total distance in metres 15 200**

**5 runs**

**4 swims**

**14 % swimming**