

TIMES AND DISTANCES ÖTILLÖ EXPERIENCE UTÖ



Location	Running	Swimming	Fast	Slow
Start - Utö camping Time 1	500		00:02	00:05
Utö Camping - Ängsholmen		400	00:09	00:18
Ängsholmen	1 300		00:15	00:31
Ängsholmen - Hopptorret		300	00:20	00:41
Hopptorret - Ryssugnarna	1 200		00:26	00:53
Ryssugnarna - Ängsholmen		100	00:28	00:56
Ängsholmen	400		00:30	01:00
Ängsholmen - St Persholmen		350	00:36	01:12
St Persholmen - Utö Gästhamn Time 2 Energy	500		00:39	01:17
Utö Gästhamn - Barnens bad	1 950		00:49	01:37
Barnens bad - Tallholmen		300	00:54	01:47
Tallholmen, Time 3	250		00:56	01:50
Tallholmen - Utö Activity center		100	00:58	01:53
Utö Activity center - Finish line	350		01:00	01:57
Total distances in meters	6 450	1 550		

Total distance in meters: 8 000

7 runs

6 swims

19% swimming