

TIMES AND DISTANCES

ÖTILLÖ, THE SWIMRUN WORLD CHAMPIONSHIP



Location	Running	Swimming	Fast	Slow
Start Sandhamn - Time 1	200		00:01	00:02
Time 1 - First swim	1 200		00:06	00:11
Sandön - Vindalsö		1 600	00:29	00:51
Vindalsö	750		00:34	00:58
Vindalsö - Skarp Runmarö Time 2 Energy (liquid only)		350	00:39	01:07
Skarp Runmarö	3 200		00:55	01:35
Skarp Runmarö - Rönnkläppen		400	01:01	01:45
Rönnkläppen	250		01:03	01:47
Rönnkläppen - Runmarö Time 3		500	01:11	01:59
Time 3 - Runmarö Styrsvik Time 4 Energy	4 500		01:29	02:40
CUT-OFF Time 4 at 09:00				
Styrsvik - Runmarö/Storön Time 5	4 200		01:47	03:17
Storön - Risselö		250	01:51	03:24
Risselö	950		01:56	03:29
Risselö - Munkö		300	02:02	03:37
Munkö - Time 6 Energy	700		02:06	03:04
Time 6 - End of Munkö	1 100		02:12	03:43
Munkö - Käcksjär		950	02:27	04:07
Käcksjär	550		02:31	04:12
Käcksjär - Nämdö N Time 7		450	02:38	04:24
Nämdö N - Nämdö Solvik Time 8 Energy	4 700		02:59	05:06
CUT-OFF Time 8 at 11:15				
Nämdö Solvik - End of Nämdö	3 100		03:13	05:37
Nämdö - Mörtö		150	03:15	05:41
Mörtö - Mörtö Gård Time 9 Energy	2 550		03:27	06:07
Time 9 - End of Mörtö	1 000		03:32	06:17
Mörtö - Small island		100	03:35	06:20
Small island	75		03:36	06:22
Small island - Mörtö klobb		75	03:37	06:24
Mörtö klobb	500		03:40	06:29
Mörtö klobb - Kvinnoholmen Time 10		1 400	04:00	07:04
Kvinnoholmen	350		04:02	07:08
Kvinnoholmen - Mörtö Bunsö		50	04:03	07:10
Mörtö Bunsö - Time 11 Energy	2 150		04:15	07:32
CUT-OFF Time 11 at 14:00				
Time 11 - End of Mörtö Bunsö	100		04:16	07:33
Mörtö Bunsö - Kymmendö Bunsö		200	04:19	07:38
Kymmendö Bunsö - Time 12	1 750		04:31	07:56
Time 12 - Getsjär		950	04:45	08:20
Getsjär	200		04:47	08:22
Getsjär - Kymmendö		200	04:51	08:27
Kymmendö - Time 13 Energy	2 650		05:06	08:55
CUT-OFF Time 13 at 15:30				
Time 13 - Ornö N		300	05:10	09:03
Ornö N - Ornö Church Time 14 Energy	10 250		06:00	10:46
Ornö Church - Ängsholmen Time 15	7 400		06:39	12:00
CUT-OFF Time 15 at 18:00				
Ängsholmen - Kullbäling		250	06:44	12:06
Kullbäling	400		06:47	12:10
Kullbäling - Långbäling		300	06:52	12:18

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Långbäling - Time 16 Energy	200		06:54	12:20
Time 16 - End of Långbäling	1 700		07:04	12:37
Långbäling – Small islet 1		150	07:07	12:42
Small islet 1	170		07:09	12:45
Small islet 1 – Small islet 2		30	07:11	12:48
Small islet 2	150		07:13	12:51
Small islet 2 - Järnholmen		100	07:16	12:55
Järnholmen	150		07:18	12:58
Järnholmen - N Utö Time 17		100	07:21	13:02
N Utö - Utö Tennis court Time 18	3 000		07:36	13:32
Tennis court - Finish Utö Vårdshus	500		07:38	13:37
Total distances in meters	60 645	9 155		

Total distance in meters: 69 800

24 runs

23 swims

13 % swimming