

Times and Distances

ÖTILLÖ Experience Engadin



Location	Running	Swimming	Total distance in meters	Fast		Slow	
	in meters	in meters		Time in hh:mm	Time on clock	Time in hh:mm	Time on clock
START					12:05		12:05
Start, Sportsfield Silvaplana - Camping	600		600	00:02	12:07	00:05	12:10
Camping - Kite surf beach Time 1		400	1'000	00:08	12:15	00:16	12:26
Kite surf beach - Via Agluagliols	1'200		2'200	00:05	12:20	00:10	12:36
Lej Suot		600	2'800	00:12	12:32	00:24	13:00
Shoreline	500		3'300	00:02	12:34	00:04	13:04
Lej Champfer Time 2 Energy		400	3'700	00:08	12:42	00:16	13:20
Time 2 - Time 3	3'200		6'900	00:13	12:55	00:26	13:46
Time 3 - Finish line Silvaplana	200		7'100	00:01	12:56	00:02	13:48

Total distances in meters	5'700	1'400	7'100
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Total distance: meters / miles 7'100 4.41
 Runs 4
 Swims 3
 % Swimming 19.7%