

Times and Distances

ÖTILLÖ World Series Engadin



Location	Running in meters	Swimming in meters	Vertical +/-	Total distance in meters	Fast		Slow	
					Time in hh:mm	Time on clock	Time in hh:mm	Time on clock
START						09:30		09:30
Start Mulets Sports Centre Silvaplana - Camping	650			650	00:03	09:33	00:05	09:35
Camping - Kite Surf Beach Time 1		300		950	00:06	09:39	00:12	09:47
Kite Surf Beach - Via Agluagliols	1'250			2'200	00:05	09:44	00:10	09:57
Via Agluagliols - Lej Suot		550		2'750	00:11	09:55	00:22	10:19
Lej Suot - Shoreline	500			3'250	00:02	09:57	00:04	10:23
Shoreline - Lej Champfer Time 2 Energy		400		3'650	00:08	10:05	00:16	10:39
Lej Champfer - Grip da l'Aivla Time 3 Energy	5'400		+300 m	9'050	00:22	10:27	00:43	11:22
Grip da l'Aivla - Rabgussa	3'800		-300m	12'850	00:15	10:42	00:30	11:52
Rabgussa - Lej Silvaplana		600		13'450	00:12	10:54	00:24	12:16
Lej Silvaplana - Sils Grond Café Time 4 Energy CUT-OFF 13:10	4'700		+160m/ -160m	18'150	00:19	11:13	00:38	12:54
Sils Grond Café - Chasté	1'700			19'850	00:07	11:20	00:14	13:08
Lej da Segl		700		20'550	00:14	11:34	00:28	13:36
Lej da Segl - Time 5 Energy	5'000		+240m/ -240m	25'550	00:20	11:54	00:40	14:16
Time 5 - Lej Maloja	400			25'950	00:02	11:56	00:03	14:19
Lej Maloja		900		26'850	00:18	12:14	00:36	14:55
Lej Maloja Camping - Time 6 Energy	3'000		+205m/ -205m	29'850	00:12	12:26	00:24	15:19
Time 6 - Isola	2'000			31'850	00:08	12:34	00:16	15:35
Isola - Chasté		900		32'750	00:18	12:52	00:36	16:11
Chasté - Sils Grond café Time 7 Energy CUT-OFF 16:30	2'100			34'850	00:08	13:00	00:17	16:28
Sils - Lej Silvaplana	1'600			36'450	00:06	13:06	00:13	16:41
Lej Silvaplana - Rabgussa		600		37'050	00:12	13:18	00:24	17:05
Rabgussa - Lej Silvaplana	3'200		+210m/ -210m	40'250	00:13	13:31	00:26	17:31
Lej Silvaplana		800		41'050	00:16	13:47	00:32	18:03
Lej Silvaplana - Time 8	2'100			43'150	00:08	13:55	00:17	18:20
Time 8 - Finish line Silvaplana	200			43'350	00:01	13:56	00:02	18:22

Total distances in meters	37'600	5'750	+1'280m	43'350
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Total distance: meters / miles 43'350 26.94
 Runs 10
 Swims 9
 % Swimming 13.3%