

TIMES AND DISTANCES

ÖTILLÖ EXPERIENCE ENGADIN 2019



Location - Start, Sportsfield Silvaplana	Running	Swimming	Fast	Slow
Start, Sportsfield Silvaplana				
Start - Camping	500		00:02	00:05
Camping - Kite surf beach Time 1		310	00:07	00:15
Kite surf beach - Via Agluagliols	2 190		00:13	00:28
Via Agluagliols - Shore		600	00:23	00:48
Shoreline	500		00:25	00:53
Lej Champfer Time 2 Energy		400	00:31	01:06
Time 2 - Time 3 Energy	2 200		00:41	01:26
Time 3 - Time 4	1 050		00:46	01:36
Time 4 - Finish line Silvaplana	50		00:46	01:37
Total distances (meters)	5 590	1 310		
Total distance (metres)	6 900			
4 runs				
3 swims				
19% swimming				