

# TIMES AND DISTANCES

## ÖTILLÖ EXPERIENCE ISLES OF SCILLY 2019



Location (Start Hugh town, Lower strand)	Running	Swimming	Fast	Slow
Start - Porth Cressa TIME 1	2 700		00:14	00:28
Porth Cressa		300	00:19	00:38
Porth Cressa - Carn Lêh	2 100		00:29	00:58
Carn Lêh - Old quay TIME 2 Energy		250	00:33	01:06
Old quay - Shark's Pit	1 400		00:40	01:19
Shark's Pit - Porth Mellon TIME 3		400	00:52	01:42
Porth Mellon - Finish	700		00:55	01:48
<b>Total distances (meters)</b>	<b>6 900</b>	<b>950</b>		

**Total distances (meters)**      **7 850**

4 runs

3 swims

12 % swimming