

TIMES AND DISTANCES

ÖTILLÖ EXPERIENCE UTÖ 2019



Location	Running	Swimming	Fast	Smooth
Start - Fårskär	3 400		00:17	00:34
Fårskär - Rävstavik, Time 1 Energy		350	00:23	00:46
Time 1 - Barnens Bad, Time 2	2 200		00:34	01:06
Time 2 - Tallholmen		350	00:40	01:18
Tallholmen	400		00:42	01:22
Tallholmen - Utö Activity center		250	00:46	01:30
Utö Activity center - FINISH LINE	50		00:46	01:30
Total distances (meters)	6 050	950		

Total distance (metres) **7 000**
4 runs
3 swims
14 % swimming