

# TIMES AND DISTANCES

## ÖTILLÖ SPRINT FINAL 15K 2019



Location (Start Lättinge)	Running	Swimming	Fast	Smooth
Start - Time 1	670		00:03	00:06
Time 1 - Time 2 Ornö Sjöhotell		1 150	00:20	00:37
Time 2 - Time 3 - Liquid	5 050		00:46	01:23
Time 3 - Kulbäling		300	00:51	01:31
Kulbäling	380		00:53	01:35
Kulbäling - Långbäling Time 4 Energy		300	00:58	01:43
Långbäling	1 800		01:08	02:00
Långbäling - mellan kobbarna		125	01:10	02:03
Mellankobbarna	360		01:12	02:07
Mellankobbarna- Järnholmen		70	01:13	02:09
Järnholmen	200		01:15	02:10
Järnholmssund		85	01:17	02:13
Utö North - Time 5 - Liquid	1 350		01:24	02:25
Time 5 - Barnens Bad	850		01:28	02:33
Time 4 Barnens bad - small island		220	01:31	02:39
small island	90		01:32	02:41
small island - Tallholmen		220	01:35	02:47
Tallholmen	300		01:37	02:50
Tallholmen- Utö next to sauna		170	01:39	02:55
Utö next to sauna - Time 6	300		01:40	02:58
Time 6 - Finish Line U TÖ VÄRD SHUS	600		01:43	03:05
<b>Total distances (meters)</b>	<b>11 950</b>	<b>2 640</b>		

**Total distance (metres) 14 590**

10 runs

9 swims

18 % swimming