

TIMES AND DISTANCES

ÖTILLÖ SPRINT 1000 LAKES 2019



| Location (Start Rheinsberg by the Church) | Running | Swimming | Fast | Slow |
|---|---------------|--------------|-------|-------|
| Start - Beach Rheinsberg | 1 500 | | 00:07 | 00:15 |
| Grienericksee Time 1 | | 830 | 00:21 | 00:43 |
| Grienericksee - Grosser Rheinseberger See | 1 300 | | 00:28 | 00:56 |
| Grosser Rheinseberger See | | 300 | 00:33 | 01:06 |
| Grosser Rheinseberger See - Camping | 600 | | 00:36 | 01:12 |
| Camping - Warenthin | | 300 | 00:41 | 01:22 |
| Warenthin - Time 2 Energy | 300 | | 00:43 | 01:25 |
| Time 2 Energy - Cut-off 12:40 | | | | |
| Time 2 - Grosser Pätschsee Time 3 | 3 100 | | 00:59 | 01:57 |
| Grosser Pätschsee | | 300 | 01:04 | 02:07 |
| Grosser Pätschsee - Grosser Lindowsee | 2 900 | | 01:19 | 02:36 |
| Grosser Lindowsee Time 4 Energy | | 600 | 01:29 | 02:56 |
| Grosser Lindowsee - Grienericksee | 3 920 | | 01:49 | 03:35 |
| Grienericksee Time 5 | | 480 | 01:57 | 03:51 |
| Grienericksee - Finish | 470 | | 02:00 | 03:56 |
| Total distances (meters) | 14 090 | 2 810 | | |

Total distance (metres) **16 900**
 7 runs
 6 swims
 16 % swimming