

TIMES AND DISTANCES

ÖTILLÖ SPRINT UTÖ 2019



Location	Running	Swimming	Fast	Smooth
Start - Utö camping, Time 1	2 400		00:12	00:24
Time 1 - Ängsholmen		400	00:19	00:37
Ängsholmen	1 200		00:25	00:49
Ängsholmen - Time 2 Energy		300	00:30	00:59
Time 2 - Ryssugnarna	1 200		00:36	01:11
Ryssugnarna - Ängsholmen		100	00:38	01:14
Ängsholmen	400		00:40	01:18
Ängsholmen - St Persholmen		300	00:45	01:28
St persholmen - Time 3	600		00:48	01:34
CUT OFF 15:10 at Time 3				
Time 3 - Fårskär	2 800		01:02	02:02
Fårskär - Rävstavik, Time 4 Energy		350	01:08	02:14
Time 4 - Barnens Bad, Time 5	2 200		01:19	02:36
Time 5 - Tallholmen		350	01:25	02:48
Tallholmen	400		01:27	02:52
Tallholmen - Utö Activity center		250	01:31	03:00
Utö Activity center - FINISH LINE	50		01:31	03:00
Total distances (meters)	11 250	2 050		

Total distance (metres) 13 300
 8 runs
 7 swims
 15 % swimming