

TIMES AND DISTANCES

ÖTILLÖ, The Swimrun World Championship 2019

Location	Running	Swimming	Fast	Slow
Start - TIME 1	200		00:00:13	00:00:40
TIME 1 - First swim	1 000		00:05	00:06
Sandön - Vindalsö		1 750	00:27	00:52
Vindalsö	860		00:34	00:59
Vindalsö - Skarp Runmarö TIME 2 Energy (liquid only)		300	00:40	01:05
Skarp Runmarö	4 400		01:01	01:40
Skarp Runmarö - Rönnkläppen		380	01:05	01:47
Rönnkläppen	190		01:08	01:49
Rönnkläppen - Runmarö TIME 3		500	01:13	01:58
TIME 3 - Runmarö Styrsvik TIME 4, NOCCO Sprint Prize Energy	4 350		01:32	02:25
CUT-OFF @ 09:00				
TIME 4 - Runmarö/Storön TIME 5	4 400		01:51	02:56
TIME 5 - Risselö		280	01:56	03:02
Risselö	800		02:01	03:10
Risselö - Munkö		320	02:05	03:18
Munkö - TIME 6 Energy	700		02:11	03:29
TIME 6 - End of Munkö	1 750		02:25	03:40
Munkö - Käcksjär		1 000	02:37	04:05
Käcksjär	530		02:40	04:14
käcksjär - Nämdö N TIME 7		480	02:45	04:34
TIME 7 - Nämdö Solvik Addnature Sprint Prize TIME 8, Energy	4 900		03:06	05:10
CUT-OFF @ 11:15				
TIME 8 - End of Nämdö	3 400		03:21	05:41
Nämdö - Mörtö		210	03:23	05:46
Mörtö - Mörtö Gärd TIME 9 Energy	2 500		03:35	06:08
TIME 9 - End of Mörtö	1 100		03:40	06:18
Mörtö - Small island		90	03:41	06:23
Small island	85		03:42	06:26
Small island - Mörtö klobb		60	03:43	06:29
Mörtö klobb	490		03:47	06:35
Mörtö klobb - Kvinnoholmen TIME 10		1 400	04:08	07:14
Kvinnoholmen	430		04:12	07:22
Kvinnoholmen - Mörtö Bunsö		60	04:13	07:24
Mörtö Bunsö - TIME 11 Energy	2 260		04:23	07:44
CUT-OFF @ 14:30				
TIME 11 - End of Mörtö Bunsö	240		04:25	07:48
Mörtö Bunsö - Kymmendö Bunsö		200	04:27	07:52
Kymmendö Bunsö TIME 12 at the end	1 450		04:39	08:16
TIME 12 - Getsjär		970	04:51	08:42
Getsjär	200		04:54	08:47
Getsjär - Kymmendö		225	04:57	08:51
Kymmendö - TIME 13 Energy	2 700		05:14	09:12
CUT-OFF @ 16:00				
TIME 13 - Ornö		300	05:20	09:20
Ornö N - Ornö church TIME 14 NOCCO Zone Energy	11 900		06:08	10:50
TIME 14 - Ängsholmen TIME 15	7 800		06:46	11:59
CUT-OFF @ 18:00				
TIME 15 - Kullbäling		260	06:49	12:20
Kullbäling	350		06:55	12:26
Kullbäling - Långbäling TIME 16 NOCCO Zone Energy		350	07:01	12:36
TIME 16 - End of Långbäling	1 980		07:12	12:56
Långbäling - Mellankobbe 1		110	07:14	13:05
Mellankobbe 1	170		07:15	13:09
Mellankobbe 1 - Mellankobbe 2		20	07:16	13:11
Mellankobbe 2	140		07:17	13:15
Mellankobbe 2 - Järnholmen		180	07:18	13:19
Järnholmen	210		07:20	13:26
Järnholmen - N Utö TIME 17		100	07:22	13:31
TIME 17 - Utö Tennis court TIME 18	3 050		07:36	14:01
TIME 18 - Finish ÖTILLÖ	600		07:39	14:05
Total distances (74 680 meters)	65 135	9 545		