

TIMES AND DISTANCES

ÖTILLÖ WORLD SERIES UTÖ 2019



Location	Running	Swimming	Fast	Slow
Start - Utö camping, Time 1	2 400		00:12	00:14
Time 1 - Ängsholmen		400	00:18	00:24
Ängsholmen	1 200		00:24	00:34
Ängsholmen - Dive tower		300	00:29	00:43
Dive tower - Time 2 Energy	900		00:33	00:50
Time 2 - Ö Mynäsudd, Time 3	2 500		00:35	01:10
Time 3 - V Mynäsudd		350	00:50	01:18
S Mynäsudd - Time 4 Energy	4 000		01:10	01:50
Time 4 - Ryssnäset	700		01:13	01:56
Ryssnäset - Rånö		250	01:16	02:02
Rånö - Hästholmsviken	200		01:17	02:04
Hästholmsviken		250	01:20	02:10
Rånö	350		01:21	02:13
Rånö - Ålö Norrskog		260	01:25	02:20
Ålö Norrskog - Båtshaket, Time 5 Energy	2 500		01:37	02:43
CUT OFF 13:00 at Time 5				
Båtshaket - Södermarsholmen		430	01:43	02:53
Södermarsholmen	480		01:45	02:57
Södermarsholmen - Small island		170	01:47	03:01
Small island	100		01:47	03:02
Small island - Slangudd		20	01:48	03:03
Slangudd - Tymarsviken	1 400		01:55	03:15
Tymarsviken - small house		50	01:56	03:16
small house - inner Tymarsviken	200		01:57	03:18
Inner Tymarsviken - sand beach		150	01:59	03:22
Tymarsviken - Storsandsudd	1 200		02:05	03:33
Storsandsudd - Ålö Storsand, Time 6 Energy		370	02:10	03:43
Time 6 - Laxvik	800		02:14	03:50
Laxvik		280	02:18	04:57
Laxvik - Kobryggan	3 800		02:37	04:32
Kobryggan - Ryssnäset		310	02:41	04:40
Ryssnäset - Time 7 (same as Time 4) Energy	900		02:45	04:48
Time 7 - Time 8 (same as Time 2) Energy	3 600		03:03	05:19
CUT OFF 15:40 at Time 8				
Time 8 - Ryssugnarna	2 200		03:14	05:36
Ryssugnarna - St Persholmen		600	03:23	05:50
St persholmen - Time 9 Energy	500		03:25	05:54
CUT-OFF 16:15 at Time 9				
Time 9 - Fårskär	2 600		03:38	06:17
Fårskär - Rävstavik, Time 10 Energy		330	03:42	06:26
Time 10 - Barnens Bad, Time 11	2 200		03:52	06:46
Time 11 - Tallholmen		350	03:57	06:55
Tallholmen	400		03:59	06:59
Tallholmen - Utö Activity center		250	04:03	07:05
Utö Activity center - FINISH LINE	50		04:03	07:05
TOTALS	35 180	5 120		

Total distance (metres) 40 300
 19 runs
 18 swims
 13 % swimming