

Times and Distances

ÖTILLÖ World Series



Location	Running	Swimming	Total distance in meters	Fast		Slow	
	in meters	in meters		Time in hh:mm	Time on clock	Time in hh:mm	Time on clock
START					06:00		06:00
Start Sandhamn - Time 1	200		200	00:01	06:01	00:01	06:01
Time 1 - First swim	1.200		1.400	00:05	06:06	00:08	06:09
Sandön - Vindalsö		1.600	3.000	00:32	06:38	01:04	07:13
Vindalsö	750		3.750	00:03	06:41	00:05	07:18
Vindalsö - Skarp Runmarö Time 2 Energy (Ilquid only)		350	4.100	00:07	06:48	00:14	07:32
Skarp Runmarö	3.200		7.300	00:13	07:01	00:21	07:53
Skarp Runmarö - Rönkläppen		400	7.700	00:08	07:09	00:16	08:09
Rönkläppen	250		7.950	00:01	07:10	00:02	08:11
Rönkläppen - Runmarö Time 3		500	8.450	00:10	07:20	00:20	08:31
Time 3 - Runmarö Styrsvik Time 4 Energy CUT-OFF 09:00	4500		12.950	00:18	07:38	00:29	09:00
Styrsvik - Runmarö/Storön Time 5	4200		17.150	00:17	07:55	00:20	09:20
Storön - Risselö		250	17.400	00:05	08:00	00:10	09:30
Risselö	950		18.350	00:04	08:04	00:04	09:34
Risselö - Munkö		300	18.650	00:06	08:10	00:12	09:46
Munkö - Time 6 Energy	700		19.350	00:03	08:13	00:03	09:49
Time 6 - End of Munkö	1100		20.450	00:04	08:17	00:05	09:54
Munkö - Käcksjär		950	21.400	00:19	08:36	00:38	10:32
Käcksjär	550		21.950	00:02	08:38	00:03	10:35
Käcksjär - Nämdö N Time 7		450	22.400	00:09	08:47	00:18	10:53
Nämdö N - Nämdö Solvik Time 8 Energy CUT-OFF 11:15	4700		27.100	00:19	09:06	00:22	11:15
Nämdö Solvik - End of Nämdö	3100		30.200	00:12	09:18	00:30	11:45
Nämdö - Mörtö		150	30.350	00:03	09:21	00:06	11:51
Mörtö - Mörtö Gärd Time 9 Energy	2550		32.900	00:10	09:31	00:24	12:15
Time 9 - End of Mörtö	1000		33.900	00:04	09:35	00:10	12:25
Mörtö - Small island		100	34.000	00:02	09:37	00:04	12:29
Small island	75		34.075	00:00	09:37	00:01	12:30
Small island - Mörtö klobb		75	34.150	00:02	09:39	00:03	12:33
Mörtö klobb	500		34.650	00:02	09:41	00:05	12:38
Mörtö klobb - Kvinnholmen Time 10		1400	36.050	00:28	10:09	00:56	13:34
Kvinnholmen	350		36.400	00:01	10:10	00:03	13:37
Kvinnholmen - Mörtö Bunsö		50	36.450	00:01	10:11	00:02	13:39
Mörtö Bunsö - Time 11 Energy CUT-OFF 14:00	2150		38.600	00:09	10:20	00:21	14:00
Time 11 - End of Mörtö Bunsö	100		38.700	00:00	10:20	00:01	14:01
Mörtö Bunsö - Kymmendö Bunsö		200	38.900	00:04	10:24	00:08	14:09
Kymmendö Bunsö - Time 12	1.750		40.650	00:07	10:31	00:13	14:22
Time 12 - Getsjär		950	41.600	00:19	10:50	00:38	15:00
Getsjär	200		41.800	00:01	10:51	00:02	15:02
Getsjär - Kymmendö		200	42.000	00:04	10:55	00:08	15:10
Kymmendö - Time 13 Energy CUT-OFF 15:30	2.650		44.650	00:11	11:06	00:20	15:30
Time 13 - Ornö N		300	44.950	00:06	11:12	00:12	15:42
Ornö N - Ornö Church Time 14 Energy	10.250		55.200	00:41	11:53	01:20	17:02
Ornö Church - Ängsholmen Time 15 CUT-OFF 18:00	7.400		62.600	00:30	12:23	00:58	18:00
Ängsholmen - Kullbåling		250	62.850	00:05	12:28	00:13	18:13
Kullbåling	400		63.250	00:02	12:30	00:04	18:17
Kullbåling - Långbåling		300	63.550	00:06	12:36	00:15	18:32
Långbåling - Time 16 Energy	200		63.750	00:01	12:37	00:02	18:34
Time 16 - End of Långbåling	1.700		65.450	00:07	12:44	00:17	18:51
Långbåling - Small islet 1		150	65.600	00:03	12:47	00:08	18:59
Small islet 1	170		65.770	00:01	12:48	00:02	19:01
Small islet 1 - Small islet 2		30	65.800	00:01	12:49	00:02	19:03
Small islet 2	150		65.950	00:01	12:50	00:02	19:05
Small islet 2 - Järnholmen		100	66.050	00:02	12:52	00:05	19:10
Järnholmen	150		66.200	00:01	12:53	00:02	19:12
Järnholmen - N Utö Time 17		100	66.300	00:02	12:55	00:05	19:17
N Utö - Utö Tennis court Time 18	3.000		69.300	00:12	13:07	00:30	19:47
Tennis court - Finish Utö Vårdshus	500		69.800	00:02	13:09	00:05	19:52

Total distances in meters	60.645	9.155	69.800
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Total distance: meters / miles 69.800 43,37
 Runs 24
 Swims 23
 % Swimming 13,1%