

Times and Distances

ÖTILLÖ Experience Utö



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					12:20		12:20
Start - Utö Camping, Time 1	550		550	00:02	12:22	00:04	12:24
Utö Camping - Ängsholmen		400	950	00:08	12:30	00:16	12:40
Ängsholmen	1'100		2'050	00:04	12:34	00:09	12:49
Ängsholmen - Dive Tower		350	2'400	00:07	12:41	00:14	13:03
Dive Tower - Ryssugnarna	1'350		3'750	00:05	12:46	00:11	13:14
Ryssugnarna - Ängsholmen		100	3'850	00:02	12:48	00:04	13:18
Ängsholmen	350		4'200	00:01	12:49	00:03	13:21
Ängsholmen - Stora Persholmen		400	4'600	00:08	12:57	00:16	13:37
Stora Persholmen - Utö Gästhamn Time 2 Energy	700		5'300	00:03	13:00	00:06	13:43
Utö Gästhamn - Barnens Bad	1'600		6'900	00:06	13:06	00:13	13:56
Barnens Bad - Tallholmen		250	7'150	00:05	13:11	00:10	14:06
Tallholmen	300		7'450	00:01	13:12	00:02	14:08
Tallholmen - Utö		150	7'600	00:03	13:14	00:06	14:12
Utö - Time 3	200						
Time 3 - Finish Line	300		7'900	00:01	13:15	00:02	14:14

Total distances in meters	6'450	1'650	8'100
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Total distance: meters / miles 8'100 5.03
 Runs 7
 Swims 6
 % Swimming 20.4%