

Times and Distances

ÖTILLÖ World Series



Location	Running	Swimming	Total distance	Fast		Slow	
	in meters	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	00:02	06:02
Time 1 - First swim	1'200		1'400	00:05	06:06	00:10	06:12
Sandön - Vindalsö		1'600	3'000	00:32	06:38	01:04	07:16
Vindalsö	750		3'750	00:03	06:41	00:06	07:22
Vindalsö - Skarp Runmarö Time 2 Energy (liquid only)		350	4'100	00:07	06:48	00:14	07:36
Skarp Runmarö	3'200		7'300	00:13	07:01	00:26	08:02
Skarp Runmarö - Rönnkläppen		400	7'700	00:08	07:09	00:16	08:18
Rönnkläppen	250		7'950	00:01	07:10	00:02	08:20
Rönnkläppen - Runmarö Time 3		500	8'450	00:10	07:20	00:20	08:40
Time 3 - Runmarö Styrsvik Time 4 Energy CUT-OFF 09:00	4'500		12'950	00:18	07:38	00:36	09:16
Styrsvik - Runmarö/Storön Time 5	4'200		17'150	00:17	07:55	00:34	09:50
Storön - Risselö		250	17'400	00:05	08:00	00:10	10:00
Risselö	950		18'350	00:04	08:04	00:08	10:08
Risselö - Munkö		300	18'650	00:06	08:10	00:12	10:20
Munkö - Time 6 Energy	700		19'350	00:03	08:13	00:06	10:26
Time 6 - End of Munkö	1'100		20'450	00:04	08:17	00:09	10:35
Munkö - Käcksjär		950	21'400	00:19	08:36	00:38	11:13
Käcksjär	550		21'950	00:02	08:38	00:04	11:17
Käcksjär - Nämdö N Time 7		450	22'400	00:09	08:47	00:18	11:35
Nämdö N - Nämdö Solvik Time 8 Energy CUT-OFF 11:15	4'700		27'100	00:19	09:06	00:38	12:13
Nämdö Solvik - End of Nämdö	3'100		30'200	00:12	09:18	00:25	12:38
Nämdö - Mörtö		150	30'350	00:03	09:21	00:06	12:44
Mörtö - Mörtö Gärd Time 9 Energy	2'550		32'900	00:10	09:31	00:20	13:04
Time 9 - End of Mörtö	1'000		33'900	00:04	09:35	00:08	13:12
Mörtö - Small island		100	34'000	00:02	09:37	00:04	13:16
Small island	75		34'075	00:00	09:37	00:01	13:17
Small island - Mörtö klobb		75	34'150	00:02	09:39	00:03	13:20
Mörtö klobb	500		34'650	00:02	09:41	00:04	13:24
Mörtö klobb - Kvinnoholmen Time 10		1400	36'050	00:28	10:09	00:56	14:20
Kvinnoholmen	350		36'400	00:01	10:10	00:03	14:23
Kvinnoholmen - Mörtö Bunsö		50	36'450	00:01	10:11	00:02	14:25
Mörtö Bunsö - Time 11 Energy CUT-OFF 14:00	2'150		38'600	00:09	10:20	00:17	14:42
Time 11 - End of Mörtö Bunsö	100		38'700	00:00	10:20	00:01	14:43
Mörtö Bunsö - Kymmendö Bunsö		200	38'900	00:04	10:24	00:08	14:51
Kymmendö Bunsö - Time 12	1'750		40'650	00:07	10:31	00:14	15:05
Time 12 - Getsjär		950	41'600	00:19	10:50	00:38	15:43
Getsjär	200		41'800	00:01	10:51	00:02	15:45
Getsjär - Kymmendö		200	42'000	00:04	10:55	00:08	15:53
Kymmendö - Time 13 Energy CUT-OFF 15:30	2'650		44'650	00:11	11:06	00:21	16:14
Time 13 - Ornö N		300	44'950	00:06	11:12	00:12	16:26
Ornö N - Ornö Church Time 14 Energy	10'250		55'200	00:41	11:53	01:22	17:48
Ornö Church - Ängsholmen Time 15 CUT-OFF 18:00	7'400		62'600	00:30	12:23	00:59	18:47
Ängsholmen - Kullbäling		250	62'850	00:05	12:28	00:10	18:57
Kullbäling	400		63'250	00:02	12:30	00:03	19:00
Kullbäling - Långbäling		300	63'550	00:06	12:36	00:12	19:12
Långbäling - Time 16 Energy	200		63'750	00:01	12:37	00:02	19:14
Time 16 - End of Långbäling	1'700		65'450	00:07	12:44	00:14	19:28
Långbäling - Small islet 1		150	65'600	00:03	12:47	00:06	19:34
Small islet 1	170		65'770	00:01	12:48	00:01	19:35
Small islet 1 - Small islet 2		30	65'800	00:01	12:49	00:01	19:36
Small islet 2	150		65'950	00:01	12:50	00:01	19:37
Small islet 2 - Järnholmen		100	66'050	00:02	12:52	00:04	19:41
Järnholmen	150		66'200	00:01	12:53	00:01	19:42
Järnholmen - N Utö Time 17		100	66'300	00:02	12:55	00:04	19:46
N Utö - Utö Tennis court Time 18	3'000		69'300	00:12	13:07	00:24	20:10
Tennis court - Finish Utö Vårdshus	500		69'800	00:02	13:09	00:04	20:14

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%