

TIMES AND DISTANCES ÖTILLÖ WORLD SERIES ENGADIN



Location	Running	Swimming	Vertical +/-	Fast	Slow
Start, Sportsfield Silvaplana - Camping	600			00:03	00:05
Camping - Kite surf beach Time 1		400		00:09	00:15
Kite surf beach - Via Agluagliols	1 200			00:15	00:25
Lej Suot		600		00:24	00:40
Shoreline	500			00:26	00:44
Lej Champfer Time 2 Energy		400		00:32	00:54
Time 2 - Grip da l'Aivla Time 3 Energy	5 400		+300 m	01:05	01:54
Time 3 - Rabgussa	3 800		-300 m	01:24	02:28
Lej Silvaplana		600		01:33	02:43
Lej Silvaplana - Sils Grond café Time 4 Energy	4 700		+160/-160	01:59	03:31
CUT-OFF at Time 4					
Sils - Chasté	1 700			02:07	03:46
Lej da Segl		700		02:17	04:04
Lej da Segl - Time 5 Energy	5 000		+240/-240	02:46	04:56
Time 5 - Lej Maloja	400			02:48	04:59
Lej Maloja		900		03:01	05:22
Lej Maloja Camping - Time 6 Energy	3 000		+205/-205	03:21	05:57
Time 6 - Isola	2 000			03:31	06:15
Isola - Chasté		900		03:45	06:37
Chasté - Sils Grond café Time 7 Energy	2 100			03:55	06:55
CUT-OFF at Time 7					
Sils - Lej Silvaplana	1 600			04:03	07:09
Lej Silvaplana - Rabgussa		600		04:12	07:23
Rabgussa - Lej Silvaplana	3 200		+210/-210	04:32	07:59
Lej Silvaplana		800		04:44	08:19
Lej Silvaplana - Time 8	2 100			04:54	08:38
Time 8 - Finish line Silvaplana	200			04:55	08:40
Total distances in metres	37 500	5 900	+1 280 m		

Total distance in metres 43 400

10 runs

9 swims

14 % swimming