

Times and Distances

ÖTILLÖ Sprint



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					07:00		07:00
Start - Run 1	2'815		2'815	00:11	07:11	00:23	07:23
Swim 1		800	3'615	00:16	07:27	00:32	07:55
Run 2	2'090		5'705	00:08	07:35	00:17	08:12
Swim 2		800	6'505	00:16	07:51	00:32	08:44
Run 3	2'655		9'160	00:11	08:02	00:21	09:05
Swim 3		650	9'810	00:13	08:15	00:26	09:31
Run 4	4'025		13'835	00:16	08:31	00:32	10:03
Swim 4		965	14'800	00:19	08:50	00:39	10:42
Run 5 - Finish	645		15'445	00:03	08:53	00:05	10:47

Total distances in meters	12'230	3'215	15'445
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Total distance: meters / miles

Runs5

Swims4

% Swimming20.8%