

# Times and Distances

## ÖTILLÖ Experience Casco Bay



Location	Running	Swimming	Total distance	Fast		Slow	
	in meters	in meters		Time in hh:mm	Time on clock	Time in hh:mm	Time on clock
START					08:30		08:30
Run 1	805		805	00:03	08:33	00:06	08:36
Swim 1		260	1'065	00:05	08:38	00:10	08:46
Run 2	1'610		2'675	00:06	08:44	00:13	08:59
Swim 2 - Timing Checkpoint		675	3'350	00:14	08:58	00:27	09:26
Run 3	5'550		8'900	00:22	09:20	00:44	10:10
Swim 3		700	9'600	00:14	09:34	00:28	10:38
Run4	105		9'705	00:00	09:34	00:01	10:39

<b>Total distances in meters</b>	<b>8'070</b>	<b>1'635</b>	<b>9'705</b>
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Total distance: meters / miles    9'705    6.03  
 Runs                                    4  
 Swims                                    3  
 % Swimming                            16.8%