Times and Distances

ÖTILLÖ Sprint Casco Bay

ÖTILLÖ SWIMRUN SPRINT RACES

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					08:30		08:30
Run 1	800		800	00:03	08:33	00:06	08:36
Swim 1		320	1'120	00:06	08:39	00:13	08:49
Run 2 - Cutoff - 11:00 AM	1'600		2'720	00:06	08:45	00:13	09:02
Swim 2 - Timing Checkpoint		800	3'520	00:16	09:01	00:32	09:34
Run 3 - Cutoff - 12:00 PM	5'500		9'020	00:22	09:23	00:44	10:18
Swim 3		810	9'830	00:16	09:39	00:32	10:50
Run 4	4'300		14'130	00:17	09:56	00:34	11:24
Swim 4		650	14'780	00:13	10:09	00:26	11:50
Run 5	1'200		15'980	00:05	10:14	00:10	12:00
Swim 5		650	16'630	00:13	10:27	00:26	12:26
Run 6 - Finish	300		16'930	00:01	10:28	00:02	12:28

Total distances in meters	13'700	3'230	16'930

Total distance: meters / miles	16'930	10.52
Runs	6	
Swims	5	
% Swimming	19.1%	