

Times and Distances

ÖTILLÖ World Series 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					06:00		06:00
Run 1	1'450		00:07	00:06	06:06	00:12	06:12
Swim 1		500	00:14	00:10	06:16	00:20	06:32
Run 2	4'000		00:34	00:16	06:32	00:32	07:04
Swim 2		650	00:44	00:13	06:45	00:26	07:30
Run 3	800		00:48	00:03	06:48	00:06	07:36
Swim 3		650	00:58	00:13	07:01	00:26	08:02
Run 4	2'650		01:11	00:11	07:12	00:21	08:23
Swim 4		800	01:23	00:16	07:28	00:32	08:55
Run 5	25		01:24	00:00	07:28	00:00	08:55
Swim 5		300	01:29	00:06	07:34	00:12	09:07
Run 6	800		01:33	00:03	07:37	00:06	09:13
Swim 6		320	01:37	00:06	07:43	00:13	09:26
Run 7 - Timing Checkpoint	1'450		01:45	00:06	07:49	00:12	09:38
Swim 7		1'200	02:03	00:24	08:13	00:48	10:26
Run 8	800		02:07	00:03	08:16	00:06	10:32
Swim 8		300	02:11	00:06	08:22	00:12	10:44
Run 9	2'600		02:24	00:10	08:32	00:21	11:05
Swim 9		320	02:29	00:06	08:38	00:13	11:18
Run 10 - Cutoff - 11:00 AM	1'700		02:37	00:07	08:45	00:14	11:32
Swim 10 - Timing Checkpoint		650	02:47	00:13	08:58	00:26	11:58
Run 11 - Cutoff - 12:00 PM	5'300		03:14	00:21	09:19	00:42	12:40
Swim 11		950	03:28	00:19	09:38	00:38	13:18
Run 12	4'350		03:50	00:17	09:55	00:35	13:53
Swim 12		650	03:59	00:13	10:08	00:26	14:19
Run 13	1'150		04:05	00:05	10:13	00:09	14:28
Swim 13		650	04:15	00:13	10:26	00:26	14:54
Run 14 - Finish	150		04:16	00:01	10:27	00:01	14:55

Total distances in meters	27'225	7'940	35'165
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Total distance: meters / miles 35'165 21.85
 Runs 14
 Swims 13
 % Swimming 22.6%