

Times and Distances

ÖTILLÖ Sprint Engadin



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					12:00		12:00
Start, Sportsfield Silvaplana - Camping	600		600	00:02	12:02	00:05	12:05
Camping - Kite surf beach Time 1		400	1'000	00:08	12:10	00:16	12:21
Kite surf beach - Via Agluagliols	1'200		2'200	00:05	12:15	00:10	12:31
Lej Suot		600	2'800	00:12	12:27	00:24	12:55
Shoreline	500		3'300	00:02	12:29	00:04	12:59
Lej Champfer Time 2 Energy		400	3'700	00:08	12:37	00:16	13:15
Time 2 - Grip da l'Aivla Time 3 Energy	5'400		9'100	00:22	12:59	00:43	13:58
Time 3 - Lej Silvaplana Time 4	3'000		12'100	00:12	13:11	00:24	14:22
Lej Silvaplana		800	12'900	00:16	13:27	00:32	14:54
Lej Silvaplana - Time 5	2'100		15'000	00:08	13:35	00:17	15:11
Time 5 - Finish line Silvaplana	200		15'200	00:01	13:36	00:02	15:13

Total distances in meters	13'000	2'200	15'200
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Total distance: meters / miles

Runs5

Swims4

% Swimming14.5%