

Times and Distances

ÖTILLÖ Sprint Gothenburg



| Location | Running in meters | Swimming in meters | Total distance in meters | Fast | | Slow | |
|--|----------------------|-----------------------|-----------------------------|---------------|---------------|---------------|---------------|
| | | | | Time in hh:mm | Time on clock | Time in hh:mm | Time on clock |
| START | | | | | 12:10 | | 12:10 |
| Start, Styrnö Bratten - Halsvik Time 1 | 2'500 | | 2'500 | 00:10 | 12:20 | 00:20 | 12:30 |
| Halsvik - Small Island | | 300 | 2'800 | 00:06 | 12:26 | 00:12 | 12:42 |
| Small Island | 100 | | 2'900 | 00:00 | 12:26 | 00:01 | 12:43 |
| Small Island - Small Island | | 300 | 3'200 | 00:06 | 12:32 | 00:12 | 12:55 |
| Small Island | 200 | | 3'400 | 00:01 | 12:33 | 00:02 | 12:57 |
| Small Island - Lilla Rävholmen | | 100 | 3'500 | 00:02 | 12:35 | 00:04 | 13:01 |
| Lilla Rävholmen - Lilla Rävholmen Time 2 Energy | 850 | | 4'350 | 00:03 | 12:38 | 00:07 | 13:08 |
| Lilla Rävholmen / Energy Station - Stora Rävholmen | | 200 | 4'550 | 00:04 | 12:42 | 00:08 | 13:16 |
| Stora Rävholmen | 450 | | 5'000 | 00:02 | 12:44 | 00:04 | 13:20 |
| Stora Rävholmen Swim | | 550 | 5'550 | 00:11 | 12:55 | 00:22 | 13:42 |
| Stora Rävholmen | 350 | | 5'900 | 00:01 | 12:56 | 00:03 | 13:45 |
| Stora Rävholmen - Sjumansholmen | | 100 | 6'000 | 00:02 | 12:58 | 00:04 | 13:49 |
| Sjumansholmen | 300 | | 6'300 | 00:01 | 12:57 | 00:02 | 13:47 |
| Sjumansholmen - Kårholmen Vest | | 300 | 6'600 | 00:06 | 13:03 | 00:12 | 13:59 |
| Kårholmen - Time 3 Energy CUT-OFF 14:00 | 100 | | 6'700 | 00:00 | 13:03 | 00:01 | 14:00 |
| Time 3 & 4 / Energy Station - Kårholmen South | 600 | | 7'300 | 00:02 | 13:05 | 00:05 | 14:05 |
| Kårholmen South - Hollända Skepp | | 300 | 7'600 | 00:06 | 13:11 | 00:12 | 14:17 |
| Hollända Skepp - Bredvik | 1'000 | | 8'600 | 00:04 | 13:15 | 00:08 | 14:25 |
| Bredvik | | 300 | 8'900 | 00:06 | 13:21 | 00:12 | 14:37 |
| Bredvik - Vrångö South | 3'200 | | 12'100 | 00:13 | 13:34 | 00:26 | 15:03 |
| Vrångö South - Nötholmen | | 300 | 12'400 | 00:06 | 13:40 | 00:12 | 15:15 |
| Nötholmen - Vättna | 2'600 | | 15'000 | 00:10 | 13:50 | 00:21 | 15:36 |
| Vättna | | 100 | 15'100 | 00:02 | 13:52 | 00:04 | 15:40 |
| Vättna - Hollända Skepp | 1'300 | | 16'400 | 00:05 | 13:57 | 00:10 | 15:50 |
| Hollända Skepp - Kårholmen | | 300 | 16'700 | 00:06 | 14:03 | 00:12 | 16:02 |
| Kårholmen South - Time 4 Energy CUT-OFF 16:30 | 800 | | 17'500 | 00:03 | 14:06 | 00:06 | 16:08 |
| Time 3 & 4 / Energystation - Kårholmen North | 100 | | 17'600 | 00:00 | 14:06 | 00:01 | 16:09 |
| Kårholmen - Sjumansholmen | | 300 | 17'900 | 00:06 | 14:12 | 00:12 | 16:21 |
| Sjumansholmen | 200 | | 18'100 | 00:01 | 14:13 | 00:02 | 16:23 |
| Vattenpassage | | 25 | 18'125 | 00:01 | 14:14 | 00:01 | 16:24 |
| Liten Kobbe | 25 | | 18'150 | 00:00 | 14:14 | 00:00 | 16:24 |
| Liten Kobbe - Liten Kobbe | | 15 | 18'165 | 00:00 | 14:14 | 00:01 | 16:25 |
| Liten Kobbe | 35 | | 18'200 | 00:00 | 14:14 | 00:00 | 16:25 |
| Liten Kobbe - Gula Udden, Styrnö | | 400 | 18'600 | 00:08 | 14:22 | 00:16 | 16:41 |
| Gula Udden | 300 | | 18'900 | 00:01 | 14:23 | 00:02 | 16:43 |
| Gula Udden - Small Island | | 100 | 19'000 | 00:02 | 14:25 | 00:04 | 16:47 |
| Small Island | 100 | | 19'100 | 00:00 | 14:25 | 00:01 | 16:48 |
| Small Island - Styrnö | | 50 | 19'150 | 00:01 | 14:26 | 00:02 | 16:50 |
| Styrnö - Time 5 | 1'950 | | 21'100 | 00:08 | 14:34 | 00:16 | 17:06 |
| Time 5 - Finish, Styrnö Bratten | 645 | | 21'745 | 00:03 | 14:37 | 00:05 | 17:11 |

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| Total distances in meters | 17'705 | 4'040 | 21'745 |
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Total distance: meters / miles 21'745 13.51
 Runs 19
 Swims 18
 % Swimming 18.6%