

Times and Distances

ÖTILLÖ World Series Gothenburg



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					10:10		10:10
Start, Styrso Bratten - Time 1	500		500	00:02	10:12	00:03	10:13
Time 1 - Bravik	1'650		2'150	00:07	10:19	00:11	10:24
Bravik - Stora Mosskullen		500	2'650	00:10	10:29	00:17	10:41
Stora Mosskullen	450		3'100	00:02	10:31	00:03	10:44
Stora Mosskullen - Köpstdadsö		400	3'500	00:08	10:39	00:13	10:57
Köpstdadsö	1'700		5'200	00:07	10:46	00:11	11:08
Vattenpassage		100	5'300	00:02	10:48	00:03	11:11
Norra Köpstdadsö	300		5'600	00:01	10:49	00:02	11:13
Norra Köpstdadsö - Asperö		200	5'800	00:04	10:53	00:07	11:20
Asperö - Time 2 Energy	2'300		8'100	00:09	11:02	00:15	11:35
Time 2- Swim entry	200		8'300	00:01	11:03	00:01	11:36
Asperö - Brännö		450	8'750	00:09	11:12	00:15	11:51
Brännö - Galterö	4'050		12'800	00:16	11:19	00:27	12:03
Galterö - St Starholmen		200	13'000	00:04	11:23	00:07	12:10
St Starholmen	400		13'400	00:02	11:25	00:03	12:13
St Starholmen - Krokholmen		30	13'430	00:01	11:26	00:01	12:14
Krokholmen - Krokholmen Time 3 Energy	570		14'000	00:02	11:28	00:04	12:18
Krokholmen Time 3 / Energy station - Känsö		500	14'500	00:10	11:38	00:17	12:35
Känsö	650		15'150	00:03	11:41	00:04	12:39
Känsö - Vargö		350	15'500	00:07	11:48	00:12	12:51
Vargö	800		16'300	00:03	11:51	00:05	12:56
Vargö Swim		300	16'600	00:06	11:57	00:10	13:06
Vargö	800		17'400	00:03	12:00	00:05	13:11
Vargö - Styrso Sandvik		200	17'600	00:04	12:04	00:07	13:18
Styrso Sandvik - Halsvik Time 4	2'200		19'800	00:09	12:13	00:15	13:33
Halsvik - Small Island		300	20'100	00:06	12:19	00:10	13:43
Small Island	100		20'200	00:00	12:19	00:01	13:44
Small Island - Small Island		300	20'500	00:06	12:25	00:10	13:54
Small Island	200		20'700	00:01	12:26	00:01	13:55
Small Island - Lilla Rävholmen		100	20'800	00:02	12:28	00:03	13:58
Lilla Rävholmen - Lilla Rävholmen Time 5 Energy	850		21'650	00:03	12:31	00:06	14:04
Lilla Rävholmen / Energy Station - Stora Rävholmen		200	21'850	00:04	12:35	00:07	14:11
Stora Rävholmen	450		22'300	00:02	12:37	00:03	14:14
Stora Rävholmen Swim		550	22'850	00:11	12:48	00:18	14:32
Stora Rävholmen	350		23'200	00:01	12:49	00:02	14:34
Stora Rävholmen - Sjumansholmen		100	23'300	00:02	12:51	00:03	14:37
Sjumansholmen	300		23'600	00:01	12:52	00:02	14:39
Sjumansholmen - Kårholmen Vest		300	23'900	00:06	12:58	00:10	14:49
Kårholmnen - Time 6 Energy CUT-OFF 15:00	100		24'000	00:00	12:58	00:01	14:50
Time 6 & 7 / Energy Station - Kårholmen South	600		24'600	00:02	13:00	00:04	14:54
Kårholmen South - Hollända Skepp		300	24'900	00:06	13:06	00:10	15:04
Hollända Skepp - Bredvik	1'000		25'900	00:04	13:10	00:07	15:11
Bredvik		300	26'200	00:06	13:16	00:10	15:21
Bredvik - Vrångö South	3'200		29'400	00:13	13:29	00:21	15:42
Vrångö South - Nötholmen		300	29'700	00:06	13:35	00:10	15:52
Nötholmen - Vättna	2'600		32'300	00:10	13:45	00:17	16:09
Vättna		100	32'400	00:02	13:47	00:03	16:12
Vättna - Hollända Skepp	1'300		33'700	00:05	13:52	00:09	16:21
Hollända Skepp - Kårholmen		300	34'000	00:06	13:58	00:10	16:31
Kårholmen South - Time 7 Energy CUT-OFF 16:30	800		34'800	00:03	14:01	00:05	16:36
Time 6 & 7 / Energystation - Kårholmen North	100		34'900	00:00	14:01	00:01	16:37
Kårholmen - Sjumansholmen		300	35'200	00:06	14:07	00:10	16:47
Sjumansholmen	200		35'400	00:01	14:08	00:01	16:48
Vattenpassage		25	35'425	00:01	14:09	00:01	16:49
Liten Kobbe	25		35'450	00:00	14:09	00:00	16:49
Liten Kobbe - Liten Kobbe		15	35'465	00:00	14:09	00:01	16:50
Liten Kobbe	35		35'500	00:00	14:09	00:00	16:50
Liten Kobbe - Gula Udden, Styrso		400	35'900	00:08	14:17	00:13	17:03
Gula Udden	300		36'200	00:01	14:18	00:02	17:05
Gula Udden - Small Island		100	36'300	00:02	14:20	00:03	17:08
Small Island	100		36'400	00:00	14:20	00:01	17:09
Small Island - Styrso		50	36'450	00:01	14:21	00:02	17:11
Styrso - Time 8	1'950		38'400	00:08	14:29	00:13	17:24
Time 8 - Finish, Styrso Bratten	645		39'045	00:03	14:32	00:04	17:28

Total distances in meters	31'775	7'270	39'045
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Total distance: meters / miles

39'04524.26

Runs30

Swims29

% Swimming18.6%