

Times and Distances

ÖTILLÖ Sprint Mackinac



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					06:45		06:45
Run 1	2'400		2'400	00:10	06:55	00:19	07:04
Swim 1		650	3'050	00:13	07:08	00:26	07:30
Run 2	5'000		8'050	00:20	07:28	00:40	08:10
Swim 2		650	8'700	00:13	07:41	00:26	08:36
Run 3	6'300		15'000	00:25	08:06	00:50	09:26
Swim 3 - Timing Checkpoint		1'150	16'150	00:23	08:29	00:46	10:12
Run 4	1'950		18'100	00:08	08:37	00:16	10:28
Swim 4 - Timing Checkpoint		500	18'600	00:10	08:47	00:20	10:48
Run 5	4'200		22'800	00:17	09:04	00:34	11:22
Total distances in meters	19'850	2'950	22'800				

Total distance: meters / miles

22'80014.17

Runs

5

Swims

4

% Swimming

12.9%