

Times and Distances

ÖTILLÖ Experience Orcas Island



Location	Running	Swimming	Fast	Slow
	in meters	in meters	hh:mm	hh:mm
START				
Run 1	1'940		00:09	00:19
Swim 1		250	00:13	00:27
Run 2	4'420		00:25	00:51
Swim 2		580	00:30	01:01
Run 3	600		00:34	01:09
Swim 3		500	00:47	01:35
Run 4	2'290		00:50	01:41
Total distances in meters	9'250	1'330		

Total distance: 10'580 meters / 6.57 miles

4 runs

3 swims

12.5% swimming