

Times and Distances

ÖTILLÖ World Series Orcas Island



Location	Running in meters	Swimming in meters	Fast hh:mm	Slow hh:mm
START				
Run 1	1'940		00:09	00:17
Swim 1		250	00:13	00:23
Run 2	6'330		00:25	00:44
Swim 2		880	00:29	00:51
Run 3	50		00:33	00:58
Swim 3		50	00:45	01:18
Run 4	700		00:48	01:23
Swim 4		370	00:55	01:35
Run 5	840		01:15	02:10
Swim 5		380	01:27	02:30
Run 6	70		01:28	02:31
Swim 6		330	01:29	02:32
Run 7	1'300		02:09	03:43
Swim 7		560	02:13	03:49
Run 8	7'090		02:14	03:51
Swim 8		290	02:16	03:54
Run 9	590		02:53	04:59
Swim 9		110	03:01	05:12
Run 10	10'096		03:07	05:22
Swim 10		710	03:12	05:31
Run 11	1'540		03:16	05:38
Swim 11		940	03:21	05:47
Run 12	790		03:22	05:48
Swim 12		500	03:27	05:56
Run 13	2'290		03:56	06:47

Total distances in meters	33'626	5'370
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Total distance: 38'996 meters / 24.25 miles

13 runs

12 swims

13.75% swimming