

Times and Distances

ÖTILLÖ Experience Whistler



	Running	Swimming	Fast	Slow
	in meters	in meters	hh:mm	hh:mm
START				
Run 1	3'300		00:16	00:33
Swim 1		805	00:29	01:00
Run 2 - Cutoff - 11:00 AM	3'220		00:58	01:32
Swim 2 - Timing Checkpoint		480	01:06	01:48
Run 3 - Cutoff - 12:00 PM	2'600		01:19	02:14

Total distances in meters	9'120	1'285
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Total distance: 10'405 meters / 6.5 miles

3 runs

2 swims

12% swimming