

# Times and Distances

## ÖTILLÖ World Series Whistler



Location	Running in meters	Swimming in meters	Fast hh:mm	Slow hh:mm
<b>START</b>				
Run 1	3'220		00:16	00:28
Swim 1		800	00:28	00:48
Run 2	5'955		00:57	01:40
Swim 2		1'125	01:14	02:08
Run 3	1'930		01:23	02:25
Swim 3		1'285	01:42	02:57
Run 4	645		01:45	03:03
Swim 4		800	01:57	03:23
Run 5	1'285		02:03	03:34
Swim 5		1'450	02:24	04:10
Run 6	4'665		02:47	04:51
Swim 6		1'125	03:04	05:19
Run 7 - Timing Checkpoint	9'175		03:50	06:40
Swim 7		800	04:02	07:00
Run 8	5'795		04:31	07:51

<b>Total distances in meters</b>	<b>32'670</b>	<b>7'385</b>
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Total distance: 40'055 meters / 24.7 miles

8 runs

7 swims

18.5% swimming