



Time and distances Swimrun to the Worlds end

Location	Tid	Runnin	Swimming	Fast	Slow
Start Ringshaug Beach Master start	05:00				
Ringshaug - Valløy Marina	00:15	2500		00:15	00:15
Valløy Marina - Valløy			300	00:04	00:06
Valløy run		450		00:03	00:04
Valløy - Torgersøya			550	00:09	00:15
Torgersøya		1000		00:06	00:09
Torgersøya- Tørfest			600	00:10	00:17
Tørfest		800		00:06	00:09
Tørfest-Masseløy			750	00:14	00:20
Masseløy		1000		00:08	00:12
Masseløy-Haneflu			250	00:05	00:07
Haneflu		300		00:04	00:05
Haneflu-Vestre Bolærne			350	00:07	00:10
Vestre Bolærne		1500		00:12	00:16
Vestre Bolærne-Midtre Bolærne AID#1			200	00:03	00:05
Midtre Bolærne		2000		00:10	00:15
Midtre Bolærne-Østre Bolærne			100	00:02	00:03
Østre Bolærne		1500		00:10	00:13
CUTOFF CLOSING entering Aid #2	08:15	11050	3100	2:08:00	3:01:00
Østre Bolærne-Siveskallen			700	00:12	00:15
Siveskallen		400		00:06	00:08
Siveskallen-Ramsholmen			450	00:05	00:08
Ramsholmen		500		00:04	00:05
Ramsholmen- Trollholmen			250	00:03	00:05
Trollholmen		500		00:03	00:04
Trollholmen-Gåsøya Huikjaela		Longest swim	1100	00:19	00:30
Gåsøya		2500		00:20	00:30
Gåsøya-Hvaløy			300	00:05	00:08
Hvaløy		1500		00:09	00:12
Hvaløy-Bjerkøy			700	00:15	00:20
Bjerkøy		2000		00:12	00:20
Bjerkøy-Ulvøen Badeplass AID#3			200	00:04	00:05
Ulvøen - Strengsdalsvannet		6000		00:30	00:45
Strengsdalsvannet			300	00:05	00:08
Strengsdalsvannet - Strengsdalsbrygge		2400		00:04	00:06

Strengsdalsbrygge - Gryteskjær			250	00:05	00:07
Gryteskjær		50		00:01	00:01
Gryteskjær - Bustangbukta Tjoeme			250	00:05	00:08
Cut OFF Tjøme entering Tjøme Island	12:30	15850	4500	02:47	04:05
Total time Aid staion #4 Tjøme				04:55	07:06
Aid station 4 - Kynna		2200		00:12	00:15
Kynna swim			100	00:02	00:04
Kynna - Engø brygge		7000		00:25	00:50
Engø Brygge - Gåsø			200	00:03	00:04
Gøsø - Holm Gård		2500		00:12	00:20
Holm Gård - Hvasser nord Aid #5			600	00:08	00:12
Hvasser rundt -Øra Aid#6		8000		00:38	01:00
Øra (Hvasser) - Havna Hotell			600	00:10	00:14
Havna Hotell - via Torås to Finish Line		6000		00:35	00:55
		25700	1500		
	ca.	52600	9100	02:25	03:54
TOTAL TIME FAST- SLOW				07:20	11:00
THE WORLDS END		61.7km			