



## SHORT

Segment	From	To	Dist. (m)	Total dist.
Running 1	Käringsundsby	Nabbarna	3300	3300
Swimming 1	Nabbarna	Flyttorna	340	3640
Running 2	Flyttorna	v. Mellanön	2150	5790
Swimming 2	Mellanön	Långön	720	6510
<b>Servicepoint 1, Västerön</b>				
Running 3	Långön	Västerön	3200	9710
Swimming 3	Västerön	Borgflyttan	920	10630
Running 4	Borgflyttan		340	10970
Swimming 4	Borgflyttan	Baggvikskatan	530	11500
<b>Servicepoint 2, Mellanön</b>				
Running 5	Baggvikskatan		130	11630
Swimming 5	Baggvikskatan	"Udde"	200	11830
Running 6	"Udde"		90	11920
Swimming 6	"Udde"	Långskär	400	12320
Running 7	Långskär	s. Främstön	950	13270
Swimming 7	Främstön	Brännskär	355	13625
Running 8	Brännskär	Käringfoten	270	13895
Swimming 8	Käringfoten	Käringsund/ Marina	370	14265
Running 9	Marina	Finish	820	15085

<b>Total running</b>	<b>11250</b>
<b>Total swimming</b>	<b>3835</b>
<b>Total SHORT</b>	<b>15085</b>

## Supersprint

Segment	From	To	Dist. (m)	Total dist.
Running 1	Käringsundsby	Hummelviks Camping	1800	1800
Swimming 1	Hummelviks C.	Kanalen	170	1970
Running 2	Kanalen	Brännskär	1200	3170
Swimming 2	Brännskär	Grundet	215	3385
Running 3	Grundet		20	3405
Swimming 3	Grundet	Käringsundsvägen	50	3455
Running 4	Käringsundsvägen	Finish	400	3855

<b>Total running</b>	<b>3420</b>
<b>Total swimming</b>	<b>435</b>
<b>Total SUPERSPRINT</b>	<b>3855</b>