



LONG

Segment	From	To	Dist. (m)	Total dist.	Cut off
Running 1	Havsvidden	Brändö	4300	4300	
Swimming 1	Brändö	Jomaludden	330	4630	
Running 2	Jomaludden	Jomalön	1400	6030	
Swimming 2	Jomalön	Fågelberget	250	6280	
Running 3	Fågelberget		750	7030	
Swimming 3	Fågelberget	Havsöra	450	7480	
Running 4	Havsöra		600	8080	
Swimming 4	Havsöra	Kalven	630	8710	
Running 5	Kalven	Kalvsbergen	1800	10510	
<i>(incl. a new short swim)</i>					
Swimming 5	Kalvsbergen	Gamlan	1360	11870	
Servicepoint 1					11:00 AM
Running 6	Gamlan		2400	14270	
Swimming 6	Gamlan	Lammskär	200	14470	
Running 7	Lammskär		140	14610	
Swimming 7	Lammskär	Märrklobbarna	700	15310	
Running 8	Märrklobbarna		500	15810	
Swimming 8	Märrklobbarna	Långskär	500	16310	
Servicepoint 2 (unmanned)					
Running 9	Långskär		1880	18190	
Swimming 9	Långskär	Lökö	800	18990	
Running 10	Lökö		2100	21090	
<i>(incl. a new short swim)</i>					
Swimming 10	Lökö	Norrön (Äppelö)	290	21380	
Servicepoint 3					2:30 PM
Running 11	Norrön	Söderön (Äppelö)	3300	24680	
Swimming 11	Söderön (Äppelö)	Långskär (Torsholma)	800	25480	
Running 12	Långskär	Söderskatan (Torsholma)	3200	28680	
Swimming 12	Söderskatan	Skråbjörkö	540	29220	
Servicepoint 4 (unmanned)					
Running 13	Skråbjörkö	Flyttan	1400	30620	
Swimming 13	Flyttan	Stenskär	1050	31670	
Running 14	Stenskär	Granskär	880	32550	
Swimming 14	Granskär	Valtberg (Berghamn)	175	32725	
Running 15	Berghamn		3200	35925	
Swimming 15	Berghamn	Svartnö	120	36045	
Running 16	Svartnö		550	36595	
Swimming 16	Svartnö	Udden	1100	37695	
Servicepoint 5					5:30 PM
Running 17 *)	Udden	Nabbarna	7700	45395	
Swimming 17 *)	Nabbarna	Flyttorna	330	45725	
Running 18 *)	Flyttorna	Brännskär	4700	50425	
Swimming 18	Brännskär	Käringsund/ Marina	350	50775	
Running 19	Marina	Finish	820	51595	7:30 PM

*) Changes coming up for 2019

Total running	41620
Total swimming	9975
Total LONG	51595



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
Servicepoint 1				
Running 3	Långön	Västerön	3200	9710
Swimming 3	Västerön	Borgflyttan	920	10630
Running 4	Borgflyttan		340	10970
Swimming 4	Borgflyttan	Baggvikskatan	530	11500
Servicepoint 2				
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

Total running	11250
Total swimming	3835
Total SHORT	15085

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

Total running	3420
Total swimming	435
Total SUPERSPRINT	3855