

Beautiful Enough 15km

Segment	From	To	Dist. (m)	Total dist.
Running 1	Käringsundsby	Nabbarna	3340	3340
Swimming 1	Nabbarna	Flyttorna	310	3650
Running 2	Flyttorna	v. Mellanön	2010	5660
Swimming 2	Mellanön	Långön	680	6340
Servicepoint 1				
Running 3	Långön	Kuggsundsflyttan	1790	8130
Swimming 3	Kuggsundsflyttan	"Norra Rödklobb"	290	8420
Running 4	"Norra Rödklobb"	Södra Västerön	650	9070
Swimming 4	Södra Västerön	Borgflyttan	840	9910
Running 5	Borgflyttan	"Udde"	1480	11390
Servicepoint 2 along running 5				
Swimming 5	"Udde"	Långskär	360	11750
Running 6	Långskär	s. Främstön	910	12660
Swimming 6	Främstön	Brännskär	330	12990
Running 7	Brännskär	Käringfoten	250	13240
Swimming 7	Käringfoten	Käringsunds fyr	120	13360
Running 8	Käringsunds fyr	Käringsundsvägen	1200	14560
Swimming 8	Käringsundsvägen	Käringsund Resort	320	14880
Running 9		Finish	60	14940
			Total running	11690
			Total swimming	3250
			TOTAL	14940

Short Enough 6km

Running 1	Käringsundsby	Nabbergen	1930	1930
Swimming 1	Nabbergen	Östanholmen	170	2100
Running 2	Östanholmen	s. Främstön	1480	3580
Swimming 2	Främstön	Brännskär	330	3910
Running 3	Brännskär	Käringfoten	300	4210
Swimming 3	Käringfoten	Käringsunds fyr	120	4330
Running 4	Käringsunds fyr	Käringsundsvägen	1200	5530
Swimming 4	Käringsundsvägen	Käringsund resort	320	5850
Running 5		Finish	60	5910
			Total running	4970
			Total swimming	940
			TOTAL	5910

Quick Enough 4,5km

Running 1	Käringsundsby	Hummelviks Camping	1650	1650
Swimming 1	Hummelviks C.	Kanalen	150	1800
Running 2	Kanalen	Käringsunds foten	1250	3050
Swimming 2	Käringfoten	Käringsunds fyr	100	3150
Running 3	Käringsunds fyr	Käringsundsvägen	950	4100
Swimming 3	Käringsundsv./Grundet	Käringsund Resort	200	4300
Running 4		Finish	50	4350
			Total running	3900
			Total swimming	450
			Total SUPERSPRINT	4350