



# MIDNIGHT SUN SWIMRUN - ÄKÄSLOMPOLO 1.7.2017 -

[www.midnightsunswimrun.com](http://www.midnightsunswimrun.com)



Long Course		Running		Aid	Start 19:00	
Leg			Swimming		Fast	Slow
Run1	Start to well	1.7	km		0:07	0:12
Swim1	Well to sauna shore		0.680 km		0:17	0:28
Run2	To the river	0.2	km		0:18	0:30
Swim2	River Swim		0.420 km		0:24	0:40
Run3	Ykkös Caravan Camping	0.1	km		0:25	0:41
Swim3	Äkäslompolo from Camping		0.430 km		0:31	0:51
Run4	To Kaupinjärvi	2.1	km	5.4 km	0:41	1:06
Swim4	Kaupinjärvi Lake		0.435 km		0:47	1:17
Run5	Back to Äkäslompolo	3.1	km		1:02	1:39
Swim5	Across Lake Äkäslompolo		0.490 km	10.5 km	1:09	1:51
Run6	To Lake Kesänki	3.2	km		1:23	2:14
Swim6	Lake Kesänki 1		0.260 km	13.1 km	1:27	2:20
Run7	Varkaankuru and Kellostapulinkuru	6.5	km		2:11	3:31
Swim7	Lake Kesänki 2		0.395 km	20.1 km	2:17	3:41
Run8	Pirunkuru-Kesänki (Devil's Gorge)	6.1	km		3:12	5:09
Swim8	Lake Kesänki 3		0.345 km	26.5 km	3:17	5:17
Run9	To Äkäslompolo Beach	3.4	km	29.4 km	3:32	5:42
Swim9	Beach to sauna shore		0.760 km		3:43	6:00
Run10	Shore to store	0.2	km		3:44	6:02
		<b>Running Swimming</b>				
<b>Total</b>		<b>26.57</b>	<b>4.22 km</b>	<b>Finish</b>	<b>22:44</b>	<b>1:02</b>
Total distance		30.8	km			
Swim%		13.7 %				

