



MIDNIGHT SUN SWIMRUN - ÄKÄSLOMPOLO 30.6.2018 - 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		0.870 km	10.0 km	1:15	2:00
Run6	To Lake Kesänki	2.4	km		1:25	2:18
Swim6	Lake Kesänki 1		0.260 km	13.1 km	1:29	2:24
Run7	Varkaankuru and Röhkömukka	9.0	km	20.3 km	2:30	4:02
Swim7	Lake Kesänki 2		0.390 km		2:36	4:11
Run8	Pirunkuru- Äkäslompolo Beach	6.9	km		3:38	5:51
Swim8	Beach to sauna shore		0.760 km		3:49	6:10
Run9	Shore to store	0.2	km		3:50	6:11
		Running Swimming				
Total		25.68	4.25 km	Finish	22:50	1:11
Total distance		29.9	km			
Swim%		14.2	%			

