



MIDNIGHT SUN SWIMRUN - ÄKÄSLOMPOLO 30.6.2018 - www.midnightsunswimrun.com

Short 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		0:18	0:28
Run2	To the river	0.2	km		0:19	0:30
Swim2	River Swim	0.420	km		0:26	0:40
Run3	Ykkös Caravan Camping	0.1	km		0:26	0:41
Swim3	Äkäslompolo from Camping	0.430	km		0:33	0:51
Run4S	North of Äkäslompolo	0.9	km		0:37	0:58
Swim4S	Across Lake Äkäslompolo	0.870	km	5.4 km	0:51	1:19
Run5S	To Lake Kesänki	2.4	km		1:02	1:36
Swim5S	Lake Kesänki 1	0.260	km	8.4 km	1:06	1:42
Run6S	Lake Kesänki Trail	1.8	km		1:19	2:02
Swim6S	Lake Kesänki 2	0.390	km		1:25	2:11
Run7S	Pirunkuru - Äkäslompolo Beach	6.9	km		2:29	3:51
Swim7S	Beach to sauna shore	0.760	km		2:42	4:10
Run8S	Shore to store	0.2	km		2:43	4:12
		Running Swimming				
Total		14.16	3.81 km	Finish	21:43	23:12
Total distance		18.0	km			
Swim%		21.2 %				

