



# MIDNIGHT SUN SWIMRUN - ÄKÄSLOMPOLO 1.7.2017 -

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	0.490	km	5.3 km	0:45	1:09
Run5S	To Lake Kesänki	3.2	km		1:00	1:32
Swim5S	Lake Kesänki 1	0.260	km	8.4 km	1:04	1:39
Run6S	Varkaankuru and Kellostapulinkuru	6.5	km		1:50	2:50
Swim6S	Lake Kesänki 2	0.395	km	15.3 km	1:56	2:59
Run7S	Lake Kesänki shore	1.2	km		2:04	3:12
Swim7S	Lake Kesänki 3	0.345	km	16.8 km	2:09	3:20
Run8S	To Äkäslompolo Well	2.6	km	19.4 km	2:34	3:58
Swim8S	Well to sauna shore	0.680	km		2:44	4:14
Run9S	Shore to store	0.2	km		2:45	4:15
		Running Swimming				
Total		16.52	3.70 km	Finish	21:45	23:15
Total distance		20.2 km				
Swim%		18.3 %				

