

# Swim & Run distances Easy Sprint 2019

## Marstrand Swimrun



Location		Running	Swimming
<b>Start Strandverket Marstrand (14:00 CET)</b>			
Start - Transition 1	Start to Transition 1	3100	
Transition 1 Klippbadet	Transition 1 to Transition 2		275
Transition 2 Lotsbryggan	Transition 2 to Transition 3	195	
<b>Time 1 Skallens Fyr</b>			
Transition 3 Tådammarna	Transition 3 to Transition 4		50
Transition 4 Bullerkammaren	Transition 4 to Transition 5	540	
Transition 5 Västerhavet	Transition 5 to Transition 6		200
Transition 6 Nakenbadet	Transition 6 to Transition 7	860	
Transition 7 Jättegrytan	Transition 7 to Transition 8		170
<b>Time 2 Stegelviken</b>			
Transition 9 Badstranden	Transition 8 to Mål	860	
<b>Finish Energy</b>			
<b>Total Distances (6 250 meters)</b>		5555	695