

Long Course		Running	Swimming	Aid	Start 20:00		
Leg					Fast	Slow	
Run1	Start to well	1.7	km		0:07	0:12	
Swim1	Well to sauna shore		0.680 km		0:17	0:27	
Run2	To the river	0.2	km		0:18	0:29	
Swim2	River Swim		0.420 km		0:24	0:39	
Run3	Ykkös Caravan Camping	0.1	km		0:25	0:40	
Swim3	Äkäslompolo from Camping		0.430 km		0:31	0:50	
Run4	To Kaupinjärvi	2.1	km	5.4 km	0:41	1:05	
Swim4	Kaupinjärvi Lake		0.435 km		0:47	1:15	
Run5	Back to Äkäslompolo	3.1	km		1:02	1:37	
Swim5	Across Lake Äkäslompolo		0.895 km	10.1 km	1:15	1:58	
Run6	To Lake Kesänki	2.4	km		1:26	2:15	
Swim6	Lake Kesänki 1		0.260 km	12.7 km	1:30	2:21	
Run7	Varkaankuru and Kellostapulinkuru	6.5	km		2:14	3:32	
Swim7	Lake Kesänki 2		0.395 km	19.7 km	2:20	3:41	
Run8	Pirunkuru-Kesänki (Devil's Gorge)	6.1	km		3:14	5:08	
Swim8	Lake Kesänki 3		0.345 km	26.1 km	3:19	5:16	
Run9	To Äkäslompolo Beach	3.4	km	29.0 km	3:35	5:41	
Swim9	Beach to sauna shore		0.760 km		3:46	5:58	
Run10	Shore to store	0.2	km		3:47	6:00	
		Running Swimming					
Total		25.79	4.62 km	Finish	23:47	2:00	
Total distance		30.4	km				
Swim%		15.2 %					