

Short Course		Running		Aid	Start 20:00	
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	0:27
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
Run4S	North of Äkäslompolo	0.9	km		0:36	0:56
Swim4S	Across Lake Äkäslompolo	0.895	km	5.3 km	0:49	1:17
Run5S	To Lake Kesänki	2.4	km		1:00	1:34
Swim5S	Lake Kesänki 1	0.260	km	8.0 km	1:04	1:40
Run6S	Varkaankuru and Kellostapulinkuru	6.5	km		1:33	2:27
Swim6S	Lake Kesänki 2	0.395	km	14.9 km	1:39	2:36
Run7S	Lake Kesänki shore	1.2	km		1:47	2:49
Swim7S	Lake Kesänki 3	0.345	km	16.4 km	1:52	2:57
Run8S	To Äkäslompolo Well	2.6	km	19.0 km	2:15	3:34
Swim8S	Well to sauna shore	0.680	km		2:25	3:50
Run9S	Shore to store	0.2	km		2:26	3:51
		Running Swimming				
Total		15.74	4.11 km	Finish	22:26	23:51
Total distance		19.8	km			
Swim%		21 %				