

Swim & Run distances Adventure 3.0 2019

Marstrand Swimrun



Location		Running	Swimming
Marstrandsön			
Start from - Ferry Marstrand (12:00 CET)			
Start - Transition 1	Start to Tst 1		690
Transition 1 Båtellet	1 to Transition 2	1050	
Transition 2 Klippbadet	Transition 2 to Transition 3		275
Transition 3 Lotsbryggan	Transition 3 to Transition 4	195	
Time 1 Skallens Fyr			
Transition 4 Tådammarna	Transition 4 to Transition 5		50
Transition 5 Bullerkammaren	Transition 5 to Transition 6	540	
Transition 6 Västerhavet	Transition 6 to Transition 7		200
Transition 7 Nakenbadet	Transition 7 to Transition 8	860	
Transition 8 Jättegrytan	Transition 8 to Transition 9		950
Time 2 Stegelviken			
Kläverön			
Transition 10 Lekarviken	Transition 9 to Transition 10	4350	
Energistation Road			
	300 meter after swim		
Transition 11 Utkåften	Transition 10 to Transition 11		460
Transition 12 Oxviken	Transition 11 to Transition 12	1550	
Time 3 Bremsegården UT mot Årholmen			
Energistation Bremsegården 2-way			
Transition 13 Bryggviken UT	Transition 13 to Transition 14		90
Transition 14 Holme Bastubyschan	Transition 14 to Transition 15		280
Transition 15 Ägglöseskären	Transition 15 to Transition 16	50	
Transition 16 Ägglöseskären	Transition 16 to Transition 17		270
Transition 17 Årholmen	Transition 17 to Transition 18	210	
Transition 18 Fem knots mark	Transition 18 to Transition 19		100
Transition 19 Fem knots mark	Transition 19 to Transition 20	385	
Transition 20 Bryggviken IN	Transition 20 to Transition 21		350
Transition 21 Båtbryggan	Transition 21 to Transition 22	2120	
Energistation Bremsegården 2-way			
Time 4 Bremsegården UT mot Lekarviken			
Transition 22 Lekarviken	Transition 22 to Transition 23		650
Marstrandsön			
Transition 23 Strandverket	Transition 23 to Transition 24	3105	
Time 5 Varvning Race village			
Energistation Bergs Konditori			
Transition 24 Klippbadet varv 2	Transition 24 to Transition 25		275
Transition 25 Lotsbryggan varv 2	Transition 25 to Transition 26	195	
Time 6 Skallens Fyr varv 2			
Transition 26 Tådammarna varv 2	Transition 26 to Transition 27		50
Transition 27 Bullerkammaren varv 2	Transition 27 to Transition 28	540	
Transition 28 Västerhavet varv 2	Transition 28 to Transition 29		240
Transition 29 Nakenbadet varv 2	Transition 29 to Transition 30	860	
Transition 30 Jättegrytan varv 2	Transition 30 to Transition 31		350
Time 7 Stegelviken varv 2 Notify for Finish			
Transition 33 Badstranden varv 2	Transition 33 to Finish	950	
Finish			
Total Distances (22 240 meters)		16960	5280