

Distance table	Swim	Run	Acummulated
Lake Swim 1- Refsvatnet	1 200		1 200
Run 1 - Rocky Baby Path		1 550	2 750
Lake Swim 2 - Refsvatnet	150		2 900
Run 2 - Island hopping		150	3 050
Lake Swim 3 - Refsvatnet	290		3 340
Run 3 - Upto Hill to the viewpoint (Pulpit rock)		8 110	11 450
Lake Swim 4 - Skogavatnet	550		12 000
Run 4 - Great Drop I		4 000	16 000
Fjord Swim 1 - along the cliff	1 600		17 600
Run 5 - Seaside Sprint		1 600	19 200
Fjord Swim 2 - Avoid the Sheep	450		19 650
Run 6 - Sunshine Hill		6 350	26 000
Fjord Swim 3 - Fjordcrossing	1 760		27 760
Run 6 - 4444 stairs to Kjerag Bolt		23 240	51 000
Finish line			51 000
Total	6 000	45 000	