



23th August 2025
Puumala, Eastern Finland
The Hearth of Lake Saimaa

WELCOME TO SAIMAA SWIMRUN **A JOURNEY THROUGH NATURE 'S MASTERPIECE**

Dare to push your limits in one of the most breathtaking settings in all of Finland. The Saimaa Swimrun isn't just a race, it's an unforgettable adventure through pristine waters and untouched forests, where the soul of Finnish nature reveals itself in its purest form.

Saimaa Swimrun offers following races for you:

- **SHORT 9 KM/0,9 KM (RUN/SWIM)**
- **LONG 16,4 KM / 2,1 KM (RUN/SWIM)**
- **EXTRA-LONG 28-30 KM / 4,2 KM (RUN/SWIM)**

Prices are starting from 75/100 € / person, including Arrangements, food after race, D&S at servicestations and some gift/memory from the event.



Discover more at our website: www.sport-jr.com/saimaaswimrun

PLEASE SEND MAIL TO INFO@SPORT-JR.COM FOR ANY QUESTIONS AND WITH YOUR INTEREST TO PARTICIPATE IN THE RACE AND EVENT!



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