

# TIMES AND DISTANCES

## ÖTILLÖ EXPERIENCE CATALINA



Location	Running	Swimming	Fast	Slow
Start, Two Harbours - Ballast point beach	1 800		0:09	0:18
Ballast Point Beach – Catalina Harbor Boat Ramp		400	0:15	0:31
Catalina Harbor Boat Ramp - Isthmus Harbor Beach <b>Time 1 Energy</b>	1 700		0:24	0:48
Isthmus Harbor Beach - Little fishermans Cove Point	600		0:26	0:54
Little Fisherman's Cove Point - Isthmus Harbor Beach <b>Time 2 Energy</b>		400	0:33	1:07
Isthmus Harbor Beach - Fourth of July Cove <b>Time 3</b>	2 000		0:43	1:36
Fourth of July Cove – Isthmus Harbor Beach		800	0:56	2:03
Isthmus Harbor Beach - Finish line	100		0:57	2:04
<b>Totals</b>	<b>6 200</b>	<b>1 600</b>		

**Total distance in meters 7 800**

4 runs

3 swims

20,5 % swimming