

# TIMES AND DISTANCES

## ÖTILLÖ SPRINT CATALINA



Location	Running	Swimming	Fast	Slow
Start, Two Harbours - Ballast point beach	1 800		00:07	0:18
Ballast Point Beach – Catalina Harbor Boat Ramp		400	00:13	0:31
Catalina Harbor Boat Ramp - Isthmus Harbor Beach <b>Time 1 Energy</b>	1 700		00:20	0:48
Isthmus Harbor Beach - Little fishermans Cove	800		00:23	0:56
Little fishermans Cove - Big fishermans Cove		900	00:36	1:26
Big fishermans Cove - Little Fisherman's Cove Point	2 600		00:46	1:52
Little Fisherman's Cove Point - Isthmus Harbor Beach <b>Time 2 Energy</b>		400	00:52	2:05
<b>CUT OFF 13:40 at Time 2</b>				
Isthmus Beach - West End Road <b>Time 3 Liquid</b>	4 500		01:10	2:50
West End Road - Lion's Head Cove	300		01:11	2:53
Lion's Head Cove – Isthmus Harbor Beach		1 400	01:32	3:40
Isthmus Harbor Beach - Finish line	100		01:33	3:41
<b>Totals</b>	<b>11 800</b>	<b>3 100</b>		

**Total distance in meters: 14 900**

5 runs

4 swims

20,8 % swimming