

TIMES AND DISTANCES

ÖTILLÖ EXPERIENCE CATALINA 2020



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 Time 1 Energy	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 Time 2 Energy		400	0:33	1:07
Isthmus Harbor Beach - Fourth of July Cove Time 3	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
Total distances (metres)	6 200	1 600		

Total distance (metres) 7 800

4 runs

3 swims,

20.5 % swimming