

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 Time 1 Energy	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	3 900		00:52	2:05
Little Fisherman's Cove Point - Isthmus Harbor Beach Time 2 Energy		400	00:58	2:18
CUT OFF 14:00 at Time 2				
Isthmus Beach – Fourth of July Cove Time 3	4 200		01:21	3:10
Fourth of July Cove – Isthmus Harbor Beach		800	01:33	3:22
Isthmus Harbor Beach - Finish line	100		01:34	3:23
Totals	12 500	2 500		

Total distance in meters: 15 000

5 runs

4 swims

16,7 % swimming