

TIMES AND DISTANCES ÖTILLÖ WORLD SERIES CATALINA



Location	Running	Swimming	Fast	Slow
Start Two Harbours - Fourth of July Cove Time 1	4 100		00:22	00:43
Fourth of July Cove - Isthmus Harbor Beach		800	00:34	01:03
Isthmus Harbor Beach - Two Harbours Time 2 Energy	200		00:35	01:05
Two Harbours - Little Fishermans Cove	800		00:38	01:12
Little Fishermans Cove - Big Fisherman Cove		1 000	00:53	01:37
Big Fisherman Cove - Two Harbours Time 3 Energy	3 200		01:06	02:05
CUT-OFF 11:50 at Time 3				
Two Harbours - Ballast Point Beach	1 600		01:13	02:19
Ballast Point Beach – Catalina Harbor Boat Ramp		400	01:19	02:29
Catalina Harbor Boat Ramp - Howlands Water tank road Time 4 Energy	2 500		01:42	03:15
Howlands Water tank road - Parsons Landing Time 5 Energy	7 000		02:15	04:13
Parsons Landing Bay		700	02:26	04:31
Parsons Landing - Emerald Bay Time 6	1 900		02:34	04:48
CUT-OFF 14:35 at Time 6				
Emerald Bay - Howland's Landing		1 300	02:54	05:21
Howland's Landing - Time 7 Energy	1 600		03:01	05:35
Time 6 Energy - Big Geiger Cove	600		03:03	05:41
Big Geiger Cove - Lion's Head Cove		1 600	03:27	06:21
Lion's Head Cove - Two Harbours Time 8 Energy CUT-OFF 16:30	2 800		03:39	06:44
CUT-OFF 16:30 at Time 8				
Two Harbours - Big Fisherman Cove Time 9	4 600		03:58	07:20
Big Fisherman Cove - Isthmus Harbor Beach		1 400	04:19	07:55
Isthmus Harbor Beach - Finish line	300		04:20	07:57
Totals	31 200	7 200		

Total distance in meters: 38 400

8 runs

7 swims

18,8 % swimming