

# TIMES AND DISTANCES

## ÖTILLÖ SPRINT CATALINA 2019



Location	Running	Swimming	Fast	Smooth
Start, Two Harbours - Ballast point beach	1 800		00:09	00:18
Ballast Point Beach – Catalina Harbor Boat Ramp		400	00:15	00:31
Catalina Harbor Boat Ramp - Isthmus Harbor Beach Energy	1 700		00:24	00:48
Isthmus Harbor Beach - Little fishermans Cove	800		00:28	00:56
Little fishermans Cove - Big fishermans Cove		900	00:43	01:26
Big fishermans Cove - Little Fisherman's Cove Point	2 600		00:56	01:52
Little Fisherman's Cove Point - Isthmus Harbor Beach Energy CUT OFF 13:40		400	01:03	02:05
Isthmus Beach - West End Road Liquid	4 500		01:25	02:50
West End Road - Lion's Head Cove	300		01:27	02:53
Lion's Head Cove – Isthmus Harbor Beach		1 400	01:50	03:40
Isthmus Harbor Beach - Finish line	100		01:51	03:41
<b>Total distances (meters)</b>	<b>11 800</b>	<b>3 100</b>		

**Total distance (metres)      14 900**

5 runs

4 swims

20,8 % swimming