

# TIMES AND DISTANCES

## ÖTILLÖ WORLD SERIES CATALINA 2020



Location (Start Two Harbours)	Running	Swimming	Fast	Slow
Start, Two Harbours - Isthmus Harbor Beach	3 600		00:23	00:42
Isthmus Harbor Beach - Big Fisherman Cove		1 400	00:44	01:17
Big Fisherman Cove - Two Harbors (Energy) <b>CUT OFF 11:05</b>	3 200		01:00	01:45
Two Harbors - Ballast Point Beach	1 600		01:08	01:59
Ballast Point Beach - Catalina Harbor Boat Ramp		400	01:14	02:09
Catalina Harbor Boat Ramp - Howlands Water tank road (Energy)	2 500		01:39	02:55
Howlands Water tank road - Parsons Landing (Energy) <b>CUT OFF 13:20</b>	7 000		02:17	04:03
Parsons Landing Bay		700	02:28	04:21
Parsons Landing - Emerald Bay	1 900		02:38	04:38
Emerald Bay - Howland's Landing		1 300	02:58	05:11
Howland's Landing - Big Geiger Cove (Energy)	1 800		03:07	05:26
Big Geiger Cove - Lion's Head Cove		1 600	03:31	06:06
Lion's Head Cove - Fourth of July Cove	3 600		03:49	06:38
Fourth of July Cove - Isthmus Harbor Beach (Energy) <b>CUT OFF 16:15</b>		800	04:01	06:58
Isthmus Harbor Beach - Marine Refuge Point	4 700		04:25	07:40
Marine Refuge Point - Isthmus Harbor Beach		1 300	04:45	08:13
Isthmus Harbor Beach - Finish line	300		04:47	08:16
<b>Total distances (meters)</b>	<b>30 200</b>	<b>7 500</b>		

**Total distance (metres)**      **37 700**  
 8 runs  
 7 swims  
 19,9% swimming