

TIMES AND DISTANCES

ÖTILLÖ EXPERIENCE MALTA 2019



Location	Running	Swimming	Fast	Slow
Start, Golden bay beach - Gnejna Time 1 Energy	2 800		00:14	00:22
Gnejna - Gnejna Boathouses	200		00:15	00:24
Gnejna Boathouses - Gnejna		500	00:23	00:41
Gnejna - Ghajn Tuffieħa	1 100		00:29	00:56
Small beach Ghajn Tuffieħa - Singita at Ghajn Tuffieħa		300	00:34	01:06
Singita - Time 2	2 500		00:47	01:31
Time 2 - Golden bay beach		350	00:53	01:42
Golden bay beach	50		00:53	01:42
Total distances in metres	6 650	1 150		

Total distance in metres 7 800

4 runs

3 swims,

14,7 % swimming