

TIMES AND DISTANCES

ÖTILLÖ SPRINT MALTA 2020



Location	Running	Swimming	Fast	Slow
Start, Golden bay beach - Golden bay beach Time 1	1 800		00:09	00:18
Golden bay beach - Singita at Ghajn Tuffieħa		700	00:21	00:41
Singita - Gnejna Time 2 Energy CUT-OFF 12:20	2 300		00:33	01:08
Gnejna - Fomm Ir-Rih Bay	1 500		00:40	01:27
Fomm Ir-Rih Bay		600	00:50	01:47
Fomm Ir-Rih Bay - Time 3	900		00:55	02:00
Time 3 - Gnejna Time 4 Energy	2 500		01:08	02:25
Gnejna - Gnejna Boathouses	200		01:09	02:27
Gnejna Boathouses - Gnejna		500	01:17	02:44
Gnejna - Ghajn Tuffieħa	1 100		01:23	02:59
Small beach Ghajn Tuffieħa - Singita at Ghajn Tuffieħa		300	01:28	03:09
Singita - Time 5	2 500		01:41	03:34
Time 5 - Golden bay beach		350	01:47	03:46
Golden bay beach	50		01:47	03:46
Total distances in metres	12 850	2 450		

Total distance in metres 15 300

6 runs

5 swims,

16 % swimming