

TIMES AND DISTANCES

ÖTILLÖ WORLD SERIES MALTA 2019



Location	Running	Swimming	Fast	Slow
Start, Valletta - Marsamxett Time 1	1100		00:05	00:10
Marsamxett - Tigné Point		400	00:11	00:20
Tigné Point - Qui-Si-Sana Beach	900		00:15	00:28
Qui-Si-Sana Beach - Sliema Pitch		200	00:18	00:33
Sliema Pitch - Torri ta' San Ġiljan	1200		00:23	00:44
Torri ta' San Ġiljan - Cavallieri beach		500	00:30	00:57
Cavallieri beach - EF beach club	1100		00:35	01:07
EF beach club - Corinthia		100	00:36	01:10
Corinthia - Public garden Time 2 Energy	300		00:38	01:13
Public Garden - Pembroke/ Salina	3 900		00:54	01:47
Salina - Qalet Marku Time 3 Energy		1 600	01:18	02:27
CUT-OFF 10:30 at Time 3				
Qalet Marku - Ghallis Tower	1 600		01:25	02:41
Ghallis Tower - Qawra Point		800	01:37	03:01
Qawra Point - Bugibba Pier	2 000		01:45	03:19
Bugibba Pier - Mistra Battery Time 4 Energy		1 400	02:06	03:54
Mistra Battery - Mellieha	4 700		02:26	4:36
Mellieha - Wall Stone Beach		1 400	02:47	5:11
Wall Stone Beach - Time 5 Energy	500		02:50	5:16
CUT-OFF 13:20 at Time 5				
Time 5 - White Tower Beach	2 500		03:02	5:41
White Tower Beach - Louvier Entrenchment		300	03:07	5:49
Louvier Entrenchment - Ramla Tal-Qortin Bay	1 400		03:14	6:03
Ramla Tal-Qortin Bay		500	03:22	6:15
Ramla Tal-Qortin Bay - Time 6 Energy	800		03:26	6:23
CUT-OFF 14:30 at Time 6				
Time 6 - Marfa	1 500		03:34	6:38
Marfa - Paradise Bay Beach		500	03:41	6:51
Paradise Bay Beach - Popeye Village Parking Time 7 Energy	4 200		04:02	7:33
Time 7 - Popeye Village	200		04:03	7:35
Anchor Bay		200	04:06	7:40
Popeye Village - Majjistral Park Time 8	3 000		04:21	8:10
Majjistral Park - Finish line Golden bay beach		800	04:33	8:30
Total distances in metres	30 900	8 700		

Total distance in metres 39 600

13 runs

13 swims,

22.0 % swimming