

TIMES AND DISTANCES

ÖTILLÖ EXPERIENCE MALTA 2019



Location	Running	Swimming	Fast	Slow
Start, Golden Bay beach - entry 1st swim	3 300		00:17	00:33
entry 1st swim - Ghajn Tuffieħa		300	00:22	00:43
Ghajn Tuffieħa	400		00:24	00:47
Ghajn Tuffieħa - Riviera Martinique Lido		400	00:31	01:00
Riviera Martinique Lido - Exit last swim	600		00:34	01:06
Exit last swim - Golden Bay beach		350	00:40	01:08
Golden Bay beach	50		00:41	01:09
Total distances (meters)	4 350	1 050		

Total distance (metres) **5 400**

4 runs

3 swims

19,4% swimming