

TIMES AND DISTANCES

ÖTILLÖ SPRINT MALTA 2019



Location	Running	Swimming	Fast	Smooth
Start, Golden bay beach - entry 1st swim	2 200		00:11	00:22
entry 1st swim - Golden bay beach		700	00:23	00:45
Golden Sands hotel beach - Fomm Ir-Rih Bay	5 200		00:49	01:37
Fomm Ir-Rih Bay		600	00:59	01:57
Fomm Ir-Rih Bay - Il-Gnejna	3 400		01:16	02:31
Gnejna - Ghajn Tuffieha		600	01:26	02:51
Ghajn Tuffieha	400		01:28	02:55
Ghajn Tuffieha - Riviera Martinique Lido		400	01:35	03:08
Riviera Martinique Lido - Exit last swim	600		01:38	03:14
Exit last swim - Golden Bay beach		350	01:44	03:26
Golden Bay beach	50		01:45	03:27
Total distances (meters)	11 850	2 650		

Total distance (metres) 14 500

6 runs

5 swims

18,3 % swimming