

TIMES AND DISTANCES

ÖTILLÖ WORLD SERIES MALTA 2019



Location	Running	Swimming	Fast	Smooth
Start, Valletta - Marsamxett	1 100		00:05	00:10
Marsamxett – Fort Tigné		400	00:11	00:20
Fort Tigné - Qui-Si-Sana Beach	1 000		00:15	00:29
Qui-Si-Sana Beach - Sliema Pitch		300	00:20	00:37
Sliema Pitch - Torri ta' San Ġiljan	1 000		00:24	00:46
St Julians Bay		400	00:30	00:56
Portomaso - Dragonara	800		00:33	01:03
Dragonara - Corinthia		200	00:36	01:08
Corinthia - Pembroke/ Salina	3 800		00:52	01:42
Salina - Qalet Marku		1 600	01:16	02:22
Qalet Marku - Ghallis Tower	1 500		01:22	02:35
Ghallis Tower - Qawra Point		800	01:34	02:55
Qawra Point - Bugibba Pier	2 000		01:42	03:13
Bugibba Pier - Mistra Battery		1 400	02:03	03:48
Mistra Battery - Mellieha	4 600		02:22	04:29
Mellieha - Wall Stone Beach		1 500	02:45	05:07
Wall Stone Beach - White Tower Beach	2 900		03:00	05:36
White Tower Beach - Louvier Entrenchment		300	03:05	05:44
Louvier Entrenchment - Ramla Tal-Qortin Bay	1 300		03:12	05:57
Ramla Tal-Qortin Bay		600	03:21	06:12
Ramla Tal-Qortin Bay - Marfa	2 200		03:32	06:34
Marfa - Paradise Bay Beach		500	03:40	06:47
Paradise Bay Beach - Popeye Village	4 300		04:02	07:30
Popeye Village		200	04:05	07:35
Popeye Village - Majjistral Park	3 700		04:24	08:12
Majjistral Park - Finish line Golden bay beach		700	04:35	08:30
Total distances (meters)	30 200	8 900		

Total distance (metres) 39 100

9 runs

8 swims

22,8% swimming