

TIMES AND DISTANCES

SPRINT



Location	Running	Swimming	Fast	Slow
Cala Montjoi - Cala Montjoi	700		9:32:48	9:37:00
Cala Montjoi - GR92 a Montjoi		450	9:38:39	9:50:30
GR92 a Montjoi - Cala Rostella	800		9:41:51	9:58:30
Cala Rostella - Cala Mutra		1000	9:54:51	10:28:30
Cala Mutra - Punta de l'Almadrava ENERGY 3	2700		10:05:39	10:55:30
Punta de l'Almadrava ENERGY 3 - Punta de l'Ullastrell		470	10:11:46	11:09:36
Punta de l'Ullastrell - Cala Pacheco	600		10:14:10	11:15:36
Cala Pacheco - Platja de Canyelles petites		450	10:20:01	11:29:06
Platja de Canyelles petites - Far de Roses ENERGY 4	1150		10:24:37	11:40:36
Far de Roses ENERGY 4 - Platja Nova	2250		10:33:37	12:03:06
Platja Nova - Platja Nova		400	10:38:49	12:15:06
Platja Nova - Ciutadella	400		10:40:25	12:19:06
Total distances in meters	8.600	2770		
	76%	24%		

Total: 11.370m

6 runs

5 swims

Las distancias pueden variar en función del tiempo, las entradas y las salidas.