

TIMES AND DISTANCES

ÖTILLÖ SPRINT CANNES 2018



Location	Running	Swimming	Fast	Smooth
Start, Square de Verdun - Pier at Square du 8 Mai 1945, Time 1	800		00:04	00:08
Time 1 - Plage de la Croisette		700	00:16	00:31
Plage de la Croisette - Plage du Midi, Time 2 Liquid	1 750		00:25	00:49
Time 2 - entrance of swim	100		00:26	00:50
Plage du Midi		600	00:36	01:10
Plage du Midi - Time 3 Liquid	800		00:40	01:18
Time 3 - Port de Cannes, Time 4	1 100		00:46	01:29
Time 4 - Plage de la Croisette		350	00:52	01:41
Plage de la Croisette - Rue du Dr Zamenhof, Time 5 Energy 1	900		00:56	01:50
Time 5 - CUT OFF Teams 13:30 Solo 14:30				
Time 5 - Boulevard de l'Observatoire, Time 6	2 300		01:08	02:13
Time 6 - Vallon de Mauvarre, Time 7 Energy 2	2 800		01:22	02:41
Time 7 - Boulevard Eugène Gazagnaire		1000	01:39	03:14
Boulevard Eugène Gazagnaire - Time 8	800		01:43	03:22
Time 8 - Plage Gazagnaire		600	01:53	03:42
Plage Gazagnaire - Bijou Plage, Time 9	600		01:56	03:48
Bijou Plage		200	01:59	03:55
Bijou Plage - Finish	200		02:00	03:57
Totals	12 150	3 450		

Total distance (metres) 15 600

7 runs

6 swims

22 % swimming