

TIMES AND DISTANCES

ÖTILLÖ SWIMRUN CANNES 2018



Location	Running	Swimming	Fast	Smooth
Start, Fort Royale del'Île Sainte-Marguerite - Time 1	2 900		00:15	00:26
Time 1 - Île Saint-Honorat		700	00:26	00:44
Île Saint-Honorat	2 900		00:41	01:10
Île Saint-Honorat - Time 2 Energy (same as Time 1)		700	00:52	01:28
Time 2 - Harbour Île Sainte-Marguerite, Time 3	4 400		01:15	02:07
Time 3 - Cap de la Croisette		1 500	01:36	02:44
Cap de la Croisette - L'ecrine Plage, Time 4 Energy	800		01:40	02:51
Time 4 CUT OFF 12:00				
Time 4 - Pier at Square du 8 Mai 1945	800		01:44	02:58
Pier - Plage de la Croisette		700	01:54	03:15
Plage de la Croisette - Plage du Midi, Time 5	1 600		02:02	03:29
Time 5 - Plage du Midi, Time 6 Energy		2 100	02:33	04:21
Time 6 - Avenue Jean de Noailles, Time 7 Energy	5 400		03:00	05:09
Time 7 - Port de Cannes, Time 8	2 700		03:14	05:33
Time 8 - Pier at Square du 8 Mai 1945		1 200	03:32	06:03
Pier - Rue du Dr Zamenhof, Time 9 Energy	300		03:33	06:06
Time 9 CUT OFF 15:20				
Time 9 - Boulevard de l'Observatoire, Time 10	2 300		03:45	06:26
Time 10 - Vallon de Mauvarre, Time 11 Energy	2 800		03:59	06:50
Time 11 - Boulevard Eugène Gazagnaire		1 000	04:14	07:15
Boulevard Eugène Gazagnaire - Time 12	800		04:18	07:22
Time 12 - Plage Gazagnaire		600	04:27	07:37
Plage Gazagnaire - Bijou Plage, Time 13	600		04:30	07:42
Bijou Plage		200	04:33	07:47
Bijou Plage - Finish	200		04:34	07:49
Totals	28 500	8 700		

Total distance (metres) 37 200

10 runs

9 swims

22% swimming