

TIMES AND DISTANCES

ÖTILLÖ WORLD SERIES CANNES



Location	Running	Swimming	Fast	Slow
Start, Fort Royale del'Île Sainte-Marguerite - Time 1	3 400		00:14	00:23
Time 1 - Entry swim 1	3 300		00:28	00:45
Swim around Fort Royale del'Île Sainte-Marguerite		900	00:41	01:07
Harbour Île Sainte-Marguerite - Time 2 Energy	300		00:42	01:10
Time 2 - Entry swim 2	2 300		00:51	01:30
Île Sainte-Marguerite - Île Saint-Honorat		800	01:03	01:50
Île Saint-Honorat	3 000		01:15	02:16
Île Saint-Honorat - Île Sainte-Marguerite, Time 3		900	01:28	02:39
Time 3 - Harbour Île Sainte-Marguerite, Time 4 Energy CUT-OFF	4 400		01:46	03:18
CUT-OFF 12:20 at Time 4				
Time 4 - Cap de la Croisette		1 400	02:07	03:53
Cap de la Croisette - Square de Verdun, Time 5 Energy CUT-OFF	700		02:10	03:59
CUT-OFF 13:00 at Time 5				
Time 5 - Port Canto	1 100		02:15	04:09
Port Canto - Plage de la Croisette		700	02:25	04:27
Plage de la Croisette - Port de Cannes, Time 6	2 000		02:33	04:45
Time 6 - Plage du Midi		1 000	02:46	05:07
Plage du Midi - La Stelle du Liberator, Time 7 Energy	2 200		02:57	05:27
Time 7 - Port de Cannes	5 700		03:28	06:18
Port de Cannes - Plage de la Croisette		900	03:41	06:42
Plage- Rue du Dr Zamenhof, Time 8 Energy CUT-OFF	200		03:42	06:44
CUT-OFF 15:45 at Time 8				
Time 8 - Boulevard de l'Observatoire, Time 9	2 500		03:58	07:19
Time 9 - Vallon de Mauvarre, Time 10 Energy	2 800		04:12	07:47
Time 10 - Boulevard Eugène Gazagnaire		1 100	04:28	08:16
Boulevard Eugène Gazagnaire - Time 11	800		04:32	08:24
Time 11 - Plage Gazagnaire		600	04:41	08:40
Plage Gazagnaire - Bijou Plage, Time 12	700		04:44	08:47
Bijou Plage		200	04:47	08:52
Bijou Plage - Finish at Square de Verdun	100		04:48	08:53
Total distances in metres	35 500	8 500		

Total distance in metres: 44 000

11 runs

10 swims

19% swimming