

# TIMES AND DISTANCES

## ÖTILLÖ EXPERIENCE CANNES



Location	Running	Swimming	Fast	Slow
Start, Hotel Martinez Plage de la Croisette	300		00:01	00:03
Plage de la Croisette - Port de Cannes, <b>Time 1</b>		700	00:13	00:26
Port de Cannes - Rue du Dr Zamenhof, <b>Time 2 Energy</b>	1700		00:22	00:43
Rue du Dr Zamenhof - <b>Time 3</b>	1500		00:30	00:58
Time 3 - Plage Gazagnaire		500	00:38	01:15
Plage Gazagnaire - Bijou Plage	700		00:42	01:22
Bijou Plage		200	00:45	01:29
Bijou Plage - Port Canto, <b>Time 4</b>	1100		00:50	01:40
Port Canto - Finish, Hotel Martinez Plage de la Croisette		600	01:00	02:00
<b>Total distances in metres</b>	<b>5 300</b>	<b>2 000</b>		

**Total distance in metres: 7 300**

4 runs

4 swims

27% swimming