

TIMES AND DISTANCES

ÖTILLÖ SPRINT 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, Time 1		700	00:12	00:26
Port de Cannes - Rue du Dr Zamenhof, Time 2 Energy CUT-OFF	1700		00:20	00:43
CUT OFF 12:30 at Time 2				
Rue du Dr Zamenhof - Boulevard de l'Observatoire, Time 3	2 400		00:33	01:13
Time 3 - Vallon de Mauvarre, Time 4 Energy	2 900		00:48	01:42
Time 4 - Boulevard Eugène Gazagnaire		1 000	01:04	02:15
Boulevard Eugène Gazagnaire - Time 5	1 000		01:08	02:25
Time 5 - Plage Gazagnaire		500	01:16	02:41
Plage Gazagnaire - Bijou Plage,	700		01:19	02:48
Bijou Plage		200	01:22	02:55
Bijou Plage - Port Canto, Time 6	1 100		01:27	03:06
Port Canto - Finish, Hotel Martinez Plage de la Croisette		600	01:37	03:26
Total distances in metres	10 100	3 000		

Total distance in metres: 13 100

5 runs

5 swims

23 % swimming