

TIMES AND DISTANCES

ÖTILLÖ WORLD SERIES CANNES



Location	Running	Swimming	Fast	Slow
Start, Fort Royale del'Île Sainte-Marguerite - Time 1	3 000		00:12	00:20
Time 1 - Entry swim 1	3 550		00:24	00:43
Swim around Fort Royale del'Île Sainte-Marguerite		900	00:37	01:07
Harbour Île Sainte-Marguerite - Time 2 Energy	250		00:38	01:10
Time 2 - Entry swim 2	2 500		00:47	01:30
Île Sainte-Marguerite - Île Saint-Honorat		800	00:59	01:50
Île Saint-Honorat	2 900		01:11	02:16
Île Saint-Honorat - Île Sainte-Marguerite, Time 3		800	01:23	02:36
Time 3 - Harbour Île Sainte-Marguerite, Time 4 Energy CUT-OFF	4 600		01:42	03:17
CUT-OFF 12:20 at Time 4				
Time 4 - Cap de la Croisette		1 400	02:03	03:52
Cap de la Croisette - Rue du Dr Zamenhof, Time 5 Energy CUT-OFF	1 700		02:10	04:06
CUT-OFF 13:10 at Time 5				
Rue du Dr Zamenhof - Port de Cannes, Time 6	2 000		02:19	04:25
Time 6 - Plage du Midi		900	02:34	04:50
Plage du Midi - La Stelle du Liberator, Time 7 Energy	1 900		02:45	05:09
Time 7 - Port de Cannes	5 400		03:05	06:03
Port de Cannes - Plage de la Croisette		900	03:30	06:27
Plage de la Croisette - Rue du Dr Zamenhof, Time 8 Energy CUT-OFF	200		03:31	06:29
CUT-OFF 15:30 at Time 8				
Rue du Dr Zamenhof - Boulevard de l'Observatoire, Time 9	2 400		03:47	06:59
Time 9 - Vallon de Mauvarre, Time 10 Energy	2 900		04:02	07:28
Time 10 - Boulevard Eugène Gazagnaire		1 000	04:18	07:55
Boulevard Eugène Gazagnaire - Time 11	1 000		04:22	08:05
Time 11 - Plage Gazagnaire		600	04:31	08:21
Plage Gazagnaire - Bijou Plage	700		04:34	08:28
Bijou Plage		200	04:37	08:33
Bijou Plage - Port Canto, Time 12	1 100		04:42	08:44
Port Canto - Finish, Hotel Martinez Plage de la Croisette		600	04:51	09:00
Total distances in metres	36 100	8 100		

Total distance in metres: 44 200

10 runs

10 swims

18% swimming