

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, Time 1 | | 700 | 00:13 | 00:26 |
| Port de Cannes - Rue du Dr Zamenhof, Time 2 Energy | 1 700 | | 00:22 | 00:43 |
| Rue du Dr Zamenhof - Plage Gazagnaire | 1 500 | | 00:30 | 00:58 |
| 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, Time 3 | 1 100 | | 00:50 | 01:40 |
| Port Canto - Finish, Hotel Martinez Plage de la Croisette | | 600 | 01:00 | 02:00 |
| Total distances in metres | 5 300 | 2 000 | | |

Total distance in metres: 7 300

4 runs

4 swims

27% swimming