

TIMES AND DISTANCES ÖTILLÖ EXPERIENCE CANNES



Location	Running	Swimming	Fast	Slow
Start, Hotel Martinez Plage de la Croisette - Port de Cannes, Time 1	1 600		00:08	00:16
Port de Cannes - Plage de la Croisette		750	00:20	00:41
Plage de la Croisette - Rue du Dr Zamenhof Time 2 Energy	450		00:22	00:45
Rue du Dr Zamenhof - Plage Gazagnaire	1 400		00:28	00:59
Plage Gazagnaire		500	00:36	01:15
Plage Gazagnaire - Bijou Plage	700		00:39	01:22
Bijou Plage		200	00:42	01:29
Bijou Plage - Port Canto, Time 3	1 100		00:47	01:40
Port Canto - Finish, Hotel Martinez Plage de la Croisette		600	00:57	02:00
Total distances in metres	5 250	2 050		

Total distance in metres: 7 300

4 runs

4 swims

28% swimming