

# Times and Distances

## ÖTILLÖ Experience Cannes



Location	Running	Swimming	Total distance	Fast		Slow	
	in meters	in meters		Time in hh:mm	Time on clock	Time in hh:mm	Time on clock
<b>START</b>					10:35		10:35
Start Plage de la Croisette - Port de Cannes, Time 1	1'600		1'600	00:06	10:41	00:13	10:48
<a href="#">Port de Cannes - Plage de la Croisette</a>		750	2'350	00:15	10:56	00:30	11:18
Plage de la Croisette - Rue du Dr Zamenhof Time 2 Energy <b>CUT-OFF 11:30</b>	450		2'800	00:02	10:58	00:04	11:22
Rue du Dr Zamenhof - Plage Gazagnaire	1'400		4'200	00:06	11:04	00:11	11:33
<a href="#">Plage Gazagnaire - Time 3</a>		500	4'700	00:10	11:14	00:20	11:53
Plage Gazagnaire - Bijou Plage	700		5'400	00:03	11:17	00:06	11:59
<a href="#">Bijou Plage</a>		200	5'600	00:04	11:21	00:08	12:07
Bijou Plage - Port Canto, Time 4	1'100		6'700	00:04	11:25	00:09	12:16
<a href="#">Port Canto - Finish Plage de la Croisette</a>		600	7'300	00:12	11:37	00:24	12:40

<b>Total distances in meters</b>	<b>5'250</b>	<b>2'050</b>	<b>7'300</b>
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Total distance: meters / miles    7'300    4.54  
 Runs                                    4  
 Swims                                    4  
 % Swimming                            28.1%