

# TIMES AND DISTANCES

## ÖTILLÖ EXPERIENCE CANNES 2019



Location	Running	Swimming	Fast	Slow
Start, Square de Verdun - Pier at Square du 8 Mai 1945, Time 1	800		00:04	00:08
Time 1 - Plage de la Croisette		600	00:14	00:28
Plage de la Croisette - Port de Cannes, Time 2	1 300		00:21	00:41
Time 2 - Plage de la Croisette		400	00:28	00:54
Plage de la Croisette - Rue du Dr Zamenhof, Time 3 Energy 1	900		00:32	01:02
Time 3 - Time 4	1 500		00:40	01:17
Time 4 - Plage Gazagnaire		600	00:50	01:37
Plage Gazagnaire - Bijou Plage, Time 5	800		00:54	01:45
Bijou Plage		200	00:57	01:52
Bijou Plage - Finish	200		00:58	01:53
<b>Total distances (meters)</b>	<b>5 300</b>	<b>1 800</b>		

**Total distance (metres)      7 100**

5 runs

4 swims

25% swimming