

# TIMES AND DISTANCES

## ÖTILLÖ EXPERIENCE CANNES 2020



Location	Running	Swimming	Fast	Slow
Start, Square de Verdun – Port Canto, <b>Time 1</b>	1000		0:05	0:10
Time 1 - Plage de la Croisette		600	0:15	0:30
Plage de la Croisette – Port de Cannes, <b>Time 2</b>	1500		0:23	0:45
Time 2 - Plage de la Croisette		700	0:35	1:08
Plage de la Croisette – Rue du Dr Zamenhof, <b>Time 3 Energy</b>	500		0:37	1:13
Time 3 - <b>Time 4</b>	1600		0:45	1:29
Time 4 - Plage Gazagnaire		400	0:52	1:42
Plage Gazagnaire – Bijou Plage, <b>Time 5</b>	700		0:56	1:49
Bijou Plage		200	0:59	1:56
Bijou Plage – Finish	100		1:00	1:57
<b>Total distances in metres</b>	<b>5 400</b>	<b>1 900</b>		

**Total distance in metres 7 300**

5 runs

4 swims,

26 % swimming