

TIMES AND DISTANCES

ÖTILLÖ SWIMRUN CANNES 2019



Location	Running	Swimming	Fast	Smooth
Start, Fort Royale de l'Île Sainte-Marguerite - Time 1	2 900		00:15	00:25
Time 1 - Île Saint-Honorat		700	00:23	00:42
Île Saint-Honorat	3 000		00:35	01:09
Île Saint-Honorat - Time 2 Energy (same as Time 1)		700	00:46	01:26
Time 2 - Harbour Île Sainte-Marguerite, Time 3	4 800		01:06	02:08
Time 3 - Cap de la Croisette		1 600	01:30	02:48
Cap de la Croisette - Lecrine Plage, Time 4 Energy	600		01:32	02:53
Time 4 CUT OFF 12:00				
Time 4 - Pier at Square du 8 Mai 1945	900		01:36	03:01
Pier - Plage de la Croisette		700	01:47	03:19
Plage de la Croisette - Plage du Midi, Time 5	1 600		01:54	03:33
Time 5 - Plage du Midi		800	02:06	03:53
Plage du Midi	100		02:07	03:54
Plage du Midi - Time 6 Energy		1 200	02:25	04:26
Time 6 - Avenue Jean de Noailles, Time 7 Energy	5 400		02:54	05:24
Time 7 - Port de Cannes, Time 8 Energy	3 200		03:10	05:51
Time 8 - Pier at Square du 8 Mai 1945		1 200	03:28	06:18
Pier - Rue du Dr Zamenhof, Time 9	300		03:29	06:20
Time 9 CUT OFF 15:20				
Time 9 - Boulevard de l'Observatoire, Time 10	2 400		03:44	06:44
Time 10 - Vallon de Mauvarre, Time 11 Energy	3 000		03:59	07:14
Time 11 - Boulevard Eugène Gazagnaire		1 000	04:14	07:41
Boulevard Eugène Gazagnaire - Time 12	800		04:18	07:49
Time 12 - Plage Gazagnaire		600	04:27	08:05
Plage Gazagnaire - Bijou Plage, Time 13	800		04:31	08:13
Bijou Plage		200	04:34	08:18
Bijou Plage - Finish	200		04:35	08:19
Totals	29 900	8 700		

Total distance (metres) 38 600

11 runs
10 swims
23% swimming