

# TIMES AND DISTANCES

## ÖTILLÖ WORLD SERIES Cannes 2020



Location	Running	Swimming	Fast	Slow
Start, Fort Royale del'Île Sainte-Marguerite - <b>Time 1</b>	2900		0:12	0:25
Time 1 - Île Saint-Honorat		700	0:23	0:42
Île Saint-Honorat	3000		0:35	1:09
Île Saint-Honorat - <b>Time 2 Energy</b> (same as Time 1)		700	0:46	1:26
Time 2 - Harbour Île Sainte-Marguerite, <b>Time 3</b>	4800		1:06	2:08
Time 3 - Cap de la Croisette		1600	1:30	2:48
Cap de la Croisette - L'ecrine Plage, <b>Time 4 Energy</b>	600		1:32	2:53
<b>CUT OFF 12:00 at Time 4</b>				
Time 4 - Plage de la Croisette	1600		1:39	3:07
Plage de la Croisette - Port de Cannes		700	1:50	3:25
Port de Cannes - Plage du Midi, <b>Time 5</b>	1200		1:55	3:36
Time 5 - Plage du Midi		1200	2:13	4:06
Plage du Midi	100		2:13	4:06
Plage du Midi - <b>Time 6 Energy</b>		800	2:25	4:27
Time 6 - Avenue Jean de Noailles, <b>Time 7 Energy</b>	6200		2:58	5:33
Time 7 - Port de Cannes, <b>Time 8</b>	3100		3:14	6:04
Time 8 - Pier at Square du 8 Mai 1945		1200	3:32	6:36
Pier - Rue du Dr Zamenhof, <b>Time 9 Energy</b>	300		3:33	6:39
<b>CUT OFF 15:40 at Time 9</b>				
Time 9 - Boulevard de l'Observatoire, <b>Time 10</b>	2400		3:48	7:09
Time 10 - Vallon de Mauvarre, <b>Time 11 Energy</b>	2800		4:02	7:37
Time 11 - Boulevard Eugène Gazagnaire		1000	4:17	8:04
Boulevard Eugène Gazagnaire - <b>Time 12</b>	1100		4:23	8:15
Time 12 - Plage Gazagnaire		400	4:29	8:26
Plage Gazagnaire - Bijou Plage, <b>Time 13</b>	700		4:33	8:33
Bijou Plage		200	4:36	8:38
Bijou Plage - Finish	100		4:37	8:39
<b>Total distances in metres</b>	<b>30 900</b>	<b>8 500</b>		

**Total distance in metres 39 400**

11 runs

10 swims,

22 % swimming