

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
START					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
Port de Cannes - Plage de la Croisette		750	2'350	00:15	10:56	00:30	11:18
Plage de la Croisette - Rue du Dr Zamenhof Time 2 CUT-OFF 11:30	450		2'800	00:02	10:58	00:04	11:22
Time 2 - Stade des Hespérides Energy	300		3'100	00:01	10:59	00:02	11:24
Stade des Hespérides - Plage Gazagnaire	1'100		4'200	00:04	11:03	00:09	11:33
Plage Gazagnaire - Time 3		500	3'600	00:10	11:09	00:20	11:44
Plage Gazagnaire - Bijou Plage	700		4'300	00:03	11:12	00:06	11:50
Bijou Plage		200	4'500	00:04	11:16	00:08	11:58
Bijou Plage - Port Canto, Time 4	1'100		5'600	00:04	11:20	00:09	12:07
Port Canto - Finish Plage de la Croisette		600	6'200	00:12	11:32	00:24	12:31

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