

Times and Distances

ÖTILLÖ Sprint Cannes



Location	Running	Swimming	Total distance	Fast		Slow	
	in meters	in meters	in meters	Time in hh:mm	Time on clock	Time in hh:mm	Time on clock
START					10:30		10:30
Start Plage de la Croisette - Port de Cannes, Time 1	1'600		1'600	00:06	10:36	00:13	10:43
Port de Cannes - Plage de la Croisette		750	2'350	00:15	10:51	00:30	11:13
Plage de la Croisette - Rue du Dr Zamenhof Time 2 CUT-OFF 11:30	450		2'800	00:02	10:53	00:04	11:17
Time 2 - Hotel Juliana Energy	300		3'100	00:01	10:54	00:02	11:19
Hotel Juliana - Boulevard de l'Observatoire, Time 3	2'100		4'900	00:08	11:01	00:17	11:34
Time 3 - Vallon de Mauvarre	2'900		7'800	00:12	11:13	00:23	11:57
Vallon de Mauvarre - Boulevard Eugène Gazagnaire, Time 4 Energy		1'000	8'800	00:20	11:33	00:40	12:37
Boulevard Eugène Gazagnaire - Plage Gazagnaire	1'000		9'800	00:04	11:37	00:08	12:45
Plage Gazagnaire - Time 5		500	10'300	00:10	11:47	00:20	13:05
Plage Gazagnaire - Bijou Plage	700		11'000	00:03	11:50	00:06	13:11
Bijou Plage		200	11'200	00:04	11:54	00:08	13:19
Bijou Plage - Port Canto, Time 6	1'100		12'300	00:04	11:58	00:09	13:28
Port Canto - Finish Plage de la Croisette		600	12'900	00:12	12:10	00:24	13:52
Total distances in meters	10'150	3'050	13'200				

Total distance: meters / miles	13'200	8.20
Runs	5	
Swims	5	
% Swimming	23.1%	