

Times and Distances

ÖTILLÖ World Series 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					09:15		09:15
Fort Royale del'Île Sainte-Marguerite - Entry swim 1	3'400		3'400	00:14	09:29	00:23	09:38
Swim around Fort Royale del'Île Sainte-Marguerite, Time 1 Energy		900	4'300	00:18	09:47	00:26	10:04
Harbour Île Sainte-Marguerite - Entry swim 2	1'800		6'100	00:07	09:54	00:12	10:16
Île Sainte-Marguerite - Île Saint-Honorat		800	6'900	00:16	10:10	00:23	10:39
Île Saint-Honorat	2'900		9'800	00:12	10:22	00:20	10:59
Île Saint-Honorat - Île Sainte-Marguerite, Time 2		900	10'700	00:18	10:40	00:26	11:25
Time 2 - Harbour Île Sainte-Marguerite, Time 3 Energy CUT-OFF 12:00	4'800		15'500	00:19	10:59	00:33	11:58
Time 3 - Cap de la Croisette		1'300	16'800	00:26	11:25	00:37	12:35
Cap de la Croisette - Bijou Plage	500		17'300	00:02	11:27	00:04	12:39
Bijou Plage		200	17'500	00:04	11:31	00:06	12:45
Bijou Plage - Rue du Dr Zamenhof, Time 4 CUT-OFF 12:55	1'100		18'600	00:04	11:35	00:08	12:53
Time 4 - La Stèle du Libérateur, Time 5 Energy	6'500		25'100	00:26	12:01	00:48	13:41
Time 5 - Plage du Midi	1'800		26'900	00:07	12:08	00:13	13:54
Plage du Midi		900	27'800	00:18	12:26	00:30	14:24
Plage du Midi - Port de Cannes, Time 6	1'200		29'000	00:05	12:31	00:09	14:33
Port de Cannes - Plage de la Croisette		750	29'750	00:15	12:46	00:25	14:58
Plage de la Croisette - Rue du Dr Zamenhof, Time 7 CUT-OFF 15:00	450		30'200	00:02	12:48	00:03	15:01
Time 7 - Hotel Juliana Energy	300		30'500	00:01	12:49	00:02	15:03
Hotel Juliana - Boulevard de l'Observatoire, Time 8	2'300		32'500	00:09	12:57	00:18	15:19
Boulevard de l'Observatoire - Vallon de Mauvarre	2'900		35'400	00:12	13:09	00:23	15:42
Vallon de Mauvarre - Boulevard Eugène Gazagnaire, Time 9 Energy		1'000	36'400	00:20	13:29	00:40	16:22
Boulevard Eugène Gazagnaire - Plage Gazagnaire	1'000		37'400	00:04	13:33	00:08	16:30
Plage Gazagnaire - Time 10		500	37'900	00:10	13:43	00:20	16:50
Plage Gazagnaire - Bijou Plage	700		38'600	00:03	13:46	00:06	16:56
Bijou Plage		200	38'800	00:04	13:50	00:08	17:04
Bijou Plage - Port Canto, Time 11	1'100		39'900	00:04	13:54	00:09	17:13
Port Canto - Finish Plage de la Croisette		600	40'500	00:12	14:06	00:24	17:37

Total distances in meters	32'750	8'050	40'800
---------------------------	--------	-------	--------

Total distance: meters / miles	40'800	25.35
Runs	11	
Swims	11	
% Swimming	19.7%	