

**CLASSIC SWIMRUNMAN™ GORGES DU VERDON**  
**02 MAI 2021**



	<b>Distance (en mètres)</b>	<b>Point Kilométrique</b>	<b>D+</b>	<b>D+ cumulé</b>
<b>RUN 1</b>	1 700	1 700	5m	5m
<b>SWIM 1</b>	1 700	3 400		
<b>RUN 2</b>	8 350	11 750	288m	293m
<b>SWIM 2</b>	850	12 600		
<b>RUN 3</b>	1 050	13 650	6m	299m
<b>SWIM 3</b>	500	14 150		
<b>RUN 4</b>	1 650	15 800	87m	386m
<b>SWIM 4</b>	950	16 750		
<b>RUN 5</b>	8 700	25 450	288m	674m
<b>SWIM 5</b>	550	26 000		
<b>RUN 6</b>	1 000	27 000	14m	688m
<b>SWIM 6</b>	250	27 250		
<b>RUN 7</b>	550	27 800	39m	727m

<b>Swim</b>	<b>4 800</b>	<b>17%</b>
<b>Run</b>	<b>23 000</b>	<b>D+ 727m</b>
<b>Total</b>	<b>27 800</b>	

Mis à jour le 22/09/2020