

CLASSIC SWIMRUNMAN™ GRANDS LACS DE LAFFREY  
20 AOÛT 2023



|             | Distance<br>(en mètres) | Point<br>Kilométrique | D+                             | D+ cumulé |
|-------------|-------------------------|-----------------------|--------------------------------|-----------|
| RUN 1       | 1604m                   | 1604m                 | 16m                            | 16m       |
| SWIM 1      | 535m                    | 2139m                 |                                |           |
| RUN 2       | 6914m                   | 9053m                 | 199m                           | 215m      |
| SWIM 2      | 567m                    | 9620m                 |                                |           |
| RUN 3       | 254m                    | 9874m                 | 6m                             | 221m      |
| SWIM 3      | 390m                    | 10264m                |                                |           |
| RUN 4       | 1558m                   | 11822m                | 15m                            | 236m      |
| SWIM 4      | 381m                    | 12203m                |                                |           |
| CUT OFF n°1 |                         | 12200m                | Temps de passage limite : 2h27 |           |
| RUN 5       | 3470m                   | 15673m                | 23m                            | 259m      |
| SWIM 5      | 1100m                   | 16773m                |                                |           |
| RUN 6       | 358m                    | 17131m                | 205m                           | 464m      |
| SWIM 6      | 322m                    | 17453m                |                                |           |
| RUN 7       | 4444m                   | 21897m                | 7m                             | 471m      |
| SWIM 7      | 378m                    | 22275m                |                                |           |
| RUN 8       | 415m                    | 22690m                | 11m                            | 482m      |
| FINISH LINE |                         |                       | Temps de passage limite : 4h45 |           |

|       |        |         |
|-------|--------|---------|
| SWIM  | 3673m  | 16%     |
| RUN   | 19017m | D+ 482m |
| TOTAL | 22690m |         |

Mis à jour le 28/11/2022

