

SPRINT SWIMRUNMAN™ GRANDS LACS DE LAFFREY
20 AOÛT 2023



	Distance (en mètres)	Point Kilométrique	D+	D+ cumulé
RUN 1	1579m	1579m	14m	14m
SWIM 1	567m	2146m		
RUN 2	254m	2400m	6m	20m
SWIM 2	390m	2790m		
RUN 3	1558m	4348m	11m	31m
SWIM 3	381m	4729m		
RUN 4	3895m	8624m	109m	140m
SWIM 4	480m	9104m		
RUN 5	358m	9462m	10m	150m
SWIM 5	321m	9783m		
RUN 6	4444m	14227m	100m	250m
SWIM 6	378m	14605m		
RUN 7	415m	15020m	5m	255m

SWIM	2517m	17%
RUN	12503m	D+ 255m
TOTAL	15020m	

Mis à jour le 28/11/2022