



CLASSIC SWIMRUNMAN™ GORGES DU VERDON



| | Distance (en mètres) | Point Kilométrique | D+ | D+ cumulé |
|--------|-------------------------|-----------------------|------|-----------|
| RUN 1 | 1 700 | 1 700 | 6m | 6m |
| SWIM 1 | 1 700 | 3 400 | | |
| RUN 2 | 8 300 | 11 700 | 290m | 296m |
| SWIM 2 | 900 | 12 600 | | |
| RUN 3 | 1 100 | 13 700 | 30m | 326m |
| SWIM 3 | 500 | 14 200 | | |
| RUN 4 | 1 650 | 15 850 | 61m | 387m |
| SWIM 4 | 900 | 16 750 | | |
| RUN 5 | 8 650 | 25 400 | 288m | 478m |
| SWIM 5 | 500 | 25 900 | | |
| RUN 6 | 1 100 | 27 000 | 14m | 706m |
| SWIM 6 | 300 | 27 300 | | |
| RUN 7 | 1 000 | 28 300 | 51m | 746m |

| | | |
|-------|--------|---------|
| Swim | 4 800 | 17% |
| Run | 23 500 | D+ 727m |
| Total | 28 300 | |

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