



CLASSIC SWIMRUNMAN™ GORGES DU VERDON



	Distance (en mètres)	Point Kilométrique	D+	D+ cumulé
RUN 1	1,800	1,800	6m	5m
SWIM 1	400	2,200		
RUN 2	1,600	3,800	27m	32m
SWIM 2	800	4,600		
RUN 3	900	5,500	30m	62m
SWIM 3	500	6,000		
RUN 4	1,700	7,700	54m	116m
SWIM 4	600	8,300		
RUN 5	8,900	17,200	299m	415m
SWIM 5	1,000	18,200		
RUN 6	600	18,800	22m	437m
SWIM 6	300	19,100		
RUN 7	1,100	20,200	43m	480m
FINISH LINE			Temps de passage limite : 04h19	

Swim	3,600	18%
Run	16,600	D+ 529m
Total	20,200	

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