



HALF SWIMRUNMAN™ GORGES DU VERDON



	Distance (en mètres)	Point Kilométrique	D+	D+ cumulé
RUN 1	1,800	1,800	5m	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	900	6,400		
RUN 4	2,400	8,800	29m	91m
SWIM 4	500	9,300		
CUT OFF n°1		9,500	Temps de passage limite : 2h20	
RUN 5	3,600	12,900	98m	189m
SWIM 5	1,000	13,900		
CUT OFF n°2		14,500	Temps de passage limite : 3h26	
CUT OFF n°3		23,900	Temps de passage limite : 5h00	
RUN 6	10,000	23,900	326m	515m
SWIM 6	400	24,300		
RUN 7	200	24,500	4m	519m
SWIM 7	500	25,000		
RUN 8	7,900	32,900	263m	782m
CUT OFF n°4		32,900	Temps de passage limite : 6h48	
SWIM 8	900	33,800		
RUN 9	700	34,500	23m	805m
SWIM 9	300	34,800		
RUN 10	1,000	35,800	44m	849m
FINISH LINE			Temps de passage limite : 07h39	

SWIM	5,700	16%
RUN	30,100	D+ 849m
TOTAL	35,800	

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