



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	2,000	4,200	25m	30m
SWIM 2	1,500	5,700		
RUN 3	2,600	8,300	28m	58m
SWIM 3	1,000	9,300		
RUN 4	1,100	10,400	31m	89m
SWIM 4	500	10,900		
CUT OFF n°1		11,200	Temps de passage limite : 2h52	
RUN 5	1,600	12,500	61m	150m
SWIM 5	700	13,200		
CUT OFF n°2		15,800	Temps de passage limite : 3h56	
RUN 6	14,500	27,700	791m	941m
SWIM 6	1,400	29,100		
CUT OFF n°3		29,650	Temps de passage limite : 7h06	
RUN 7	9,950	39,050	353m	1294m
CUT OFF n°4		38,950	Temps de passage limite : 8h39	
SWIM 7	400	39,450		
RUN 8	250	39,700	4m	1298m
SWIM 8	450	40,150		
RUN 9	650	40,800	15m	1313m
SWIM 9	850	41,650		
RUN 10	750	42,400	24m	1337m
SWIM 10	300	42,700		
RUN 11	1,000	43,700	44m	1381m
FINISH LINE			Temps de passage limite : 10h04	

SWIM	7,500	17%
RUN	36,200	D+ 1381m
TOTAL	43,700	

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