



# ULTRA SWIMRUNMAN™

## ÖTILLÖ MERIT RACE 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		
<b>CUT OFF n°1</b>		<b>9,500</b>	<b>Temps de passage limite : 02h20</b>	
RUN 5	6,300	15,600	251m	342m
SWIM 5	1,000	16,600		
<b>CUT OFF n°2</b>		<b>17,200</b>	<b>Temps de passage limite : 03h51</b>	
<b>CUT OFF n°3</b>		<b>26,600</b>	<b>Temps de passage limite : 05h25</b>	
RUN 6	10,000	26,600	325m	667m
SWIM 6	400	27,000		
RUN 7	200	27,200	4m	671m
SWIM 7	500	27,700		
RUN 8	9,400	37,100	274m	945m
<b>CUT OFF n°4</b>		<b>37,100</b>	<b>Temps de passage limite : 07h27</b>	
SWIM 8	300	37,400		
RUN 9	300	37,700	7m	952m
SWIM 9	200	37,900		
RUN 10	400	38,300	6m	958m
SWIM 10	1,000	39,300		
RUN 11	4,200	43,500	46m	1004m
<b>CUT OFF n°5</b>		<b>43,500</b>	<b>Temps de passage limite : 09h01</b>	
SWIM 11	900	44,400		
RUN 12	700	45,100	23m	1027m
SWIM 12	300	45,400		
RUN 13	1,000	46,400	0m	1072m
<b>FINISH LINE</b>			<b>Temps de passage limite : 09h52</b>	

SWIM	7,200	16%
RUN	39,200	D+ 1072m
TOTAL	46,400	

Mis à jour le 26/03/2024