



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	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	
CUT OFF n°4		38,950	Temps de passage limite : 8h39	
RUN 7	9,950	39,050	353m	1294m
SWIM 7	400	39,450		
RUN 8	250	39,700	4m	1298m
SWIM 8	450	40,150		
RUN 9	9,250	49,400	278m	1576m
CUT OFF n°5		49,400	Temps de passage limite : 10h40	
SWIM 9	400	49,800		
RUN 10	300	50,100	8m	1584m
SWIM 10	200	50,300		
RUN 11	500	50,800	6m	1590m
SWIM 11	2,400	53,200		
CUT OFF n°6		54,150	Temps de passage limite : 12h26	
RUN 12	3,200	56,400	176m	1766m
SWIM 12	75	56,475		
RUN 13	150	56,625	0m	1766m
SWIM 13	75	56,700		
RUN 14	75	56,775	0m	1766m
SWIM 14	50	56,825		
RUN 15	125	56,950	0m	1766m
CUT OFF n°7		56,950	Temps de passage limite : 12h55	
SWIM 15	1,200	58,150		
RUN 16	1,600	59,750	18m	1784m
CUT OFF n°8		59,700	Temps de passage limite : 13h45	
SWIM 16	800	60,550		
RUN 17	750	61,300	24m	1808m
SWIM 17	300	61,600		
RUN 18	1,100	62,700	42m	1850m
FINISH LINE			Temps de passage limite : 14h35	

SWIM	11,850	19%
RUN	50,850	D+ 1850m
TOTAL	62,700	