

# CLASSIC SWIMRUNMAN™ LAC DE VASSIVIERE



	Distance (en mètres)	Point Kilométrique	D+	D+ cumulé
RUN 1	1,200	1,200	4m	4m
SWIM 1	500	1,700		
RUN 2	1,900	3,600	43m	47m
SWIM 2	600	4,200		
RUN 3	3,600	7,800	95m	142m
SWIM 3	500	8,300		
<b>CUT OFF n°1</b>		<b>8,300</b>	<b>Temps de passage limite : 1h49</b>	
RUN 4	4,400	12,700	30m	172m
SWIM 4	700	13,400		
RUN 5	2,000	15,400	34m	206m
SWIM 5	800	16,200		
<b>CUT OFF n°2</b>		<b>17,100</b>	<b>Temps de passage limite : 3h40</b>	
RUN 6	1,200	17,400	14m	220m
SWIM 6	200	17,600		
RUN 7	100	17,700	4m	224m
SWIM 7	100	17,800		
RUN 8	3,200	21,000	37m	261m
SWIM 8	500	21,500		
RUN 9	100	21,600	1m	262m
SWIM 9	400	22,000		
RUN 9	1,200	23,200	35m	297m
<b>FINISH LINE</b>			<b>Temps de passage limite : 5h00</b>	

SWIM	4,300	19%
RUN	18,900	D+ 297
<b>TOTAL</b>	<b>23,200</b>	

Mis à jour le 03/05/2024