



CLASSIC SWIMRUNMAN™ GORGES DU VERDON



	Distance (en mètres)	Point Kilométrique	D+	D+ cumulé
RUN 1	1,800	1,800	6m	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		
RUN 5	1,600	12,500	61m	150m
SWIM 5	800	13,300		
RUN 6	8,800	22,100	297m	447m
SWIM 6	400	22,500		
RUN 7	300	22,800	3m	450m
SWIM 7	500	23,300		
RUN 8	600	23,900	14m	464m
SWIM 8	900	24,800		
RUN 9	600	25,400	22m	486m
SWIM 9	300	25,700		
RUN 10	1,000	26,700	43m	529m
FINISH LINE			Temps de passage limite : 07h56	

Swim	6,300	24%
Run	20,400	D+ 529m
Total	26,700	

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