



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	1,600	3,800	25m	35m
SWIM 2	1,700	5,500		
RUN 3	2,700	8,200	33m	63m
SWIM 3	900	9,100		
RUN 4	1,200	10,300	31m	94m
SWIM 4	500	10,800		
CUT OFF n°1		11,200	Temps de passage limite : 2h53	
RUN 5	1,700	12,500	61m	155m
SWIM 5	700	13,200		
CUT OFF n°2		15,700	Temps de passage limite : 3h57	
RUN 6	14,500	27,700	790m	946m
SWIM 6	1,500	29,200		
CUT OFF n°3		29,700	Temps de passage limite : 7h11	
RUN 7	9,700	38,900	363m	1299m
CUT OFF n°4		38,900	Temps de passage limite : 8h43	
SWIM 7	400	39,300		
RUN 8	100	39,400	4m	1303m
SWIM 8	500	39,900		
RUN 9	700	40,600	1m	1318m
SWIM 9	800	41,400		
RUN 10	700	42,100	5m	1342m
SWIM 10	300	42,400		
RUN 11	900	43,300	42m	1360m
FINISH LINE			Temps de passage limite : 10h00	

SWIM	7,700	18%
RUN	35,600	D+ 1360m
TOTAL	43,300	

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