

HALF 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	700	8,500		
CUT OFF n°1		11,300	Temps de passage limite : 2h05	
RUN 4	4,000	12,500	44m	186m
SWIM 4	500	13,000		
RUN 5	100	13,100	2m	188m
SWIM 5	500	13,600		
RUN 6	2,400	16,000	19m	207m
SWIM 6	200	16,200		
RUN 7	100	16,300	2m	209m
SWIM 7	200	16,500		
RUN 8	200	16,700	2m	211m
SWIM 8	800	17,500		
CUT OFF n°2		17,500	Temps de passage limite : 3h41	
RUN 9	4,400	21,900	26m	237m
SWIM 9	700	22,600		
RUN 10	2,000	24,600	34m	271m
SWIM 10	800	25,400		
CUT OFF n°3		26,300	Temps de passage limite : 5h42	
RUN 11	1,200	26,600	14m	285m
SWIM 11	200	26,800		
RUN 12	100	26,900	4m	289m
SWIM 12	100	27,000		
RUN 13	8,300	35,300	164m	453m
SWIM 13	500	35,800		
RUN 14	100	35,900	1m	454m
SWIM 14	400	36,300		
RUN 15	1,200	37,500	35m	489m
FINISH LINE			Temps de passage limite : 7h15	

SWIM	6,700	18%
RUN	30,800	D+ 489m
TOTAL	37,500	

Mis à jour le 03/05/2024