

SPRINT 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	4,100	5,800	44m	48m
SWIM 2	800	6,600		
RUN 3	1,200	7,800	13m	61m
SWIM 3	200	8,000		
RUN 4	100	8,100	4m	65m
SWIM 4	100	8,200		
RUN 5	3,250	11,450	32m	97m
SWIM 5	500	11,950		
RUN 6	100	12,050	1m	98m
SWIM 6	400	12,450		
RUN 7	1,200	13,650	30m	128m
FINISH LINE			Temps de passage limite : 3h30	

SWIM	2,500	18%
RUN	11,150	D+ 128m
TOTAL	13,650	

Mis à jour le 03/05/2024