

CLASSIC SWIMRUNMAN™ GRANDS LACS DE LAFFREY
25 AOÛT 2024



	Distance (en mètres)	Point Kilométrique	D+	D+ cumulé
RUN 1	1600m	1600m	16m	16m
SWIM 1	500m	2100m		
RUN 2	7000m	9100m	199m	215m
SWIM 2	600m	9700m		
RUN 3	200m	9900m	4m	219m
SWIM 3	400m	10300m		
RUN 4	1500m	11800m	12m	231m
SWIM 4	400m	12200m		
CUT OFF n°1		12200m	Temps de passage limite : 2h28	
RUN 5	3500m	15700m	121m	352m
SWIM 5	1100m	16800m		
RUN 6	300m	17100m	9m	361m
SWIM 6	400m	17500m		
RUN 7	4400m	21900m	118m	479m
SWIM 7	500m	22400m		
RUN 8	400m	22800m	3m	482m
FINISH LINE			Temps de passage limite : 4h47	

SWIM	3900m	17%
RUN	18900m	D+ 482m
TOTAL	22800m	

Mis à jour le 01/07/2024