

**VERTICAL SWIMRUNMAN™ GRANDS LACS DE LAFFREY**  
**25 AOÛT 2024**



|                         | Distance<br>(en mètres) | Point<br>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                |                                       |           |
| <b>CUT OFF n°1</b>      |                         | <b>12200m</b>         | <b>Temps de passage limite : 2h14</b> |           |
| 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                   | 500m                    | 22900m                | 6m                                    | 485m      |
| <b>CUT OFF n°2</b>      |                         | <b>22600m</b>         | <b>Temps de passage limite : 4h19</b> |           |
| SWIM 8                  | 2400m                   | 25300m                |                                       |           |
| RUN 9                   | 2900m                   | 28200m                | 156m                                  | 641m      |
| <b>VERTICAL CUT OFF</b> |                         | <b>28300m</b>         | <b>Temps de passage limite : 5h53</b> |           |
| <b>KM VERTICAL</b>      | 2300m                   | 30500m                | 1050m                                 | 1691m     |

|              |               |                 |
|--------------|---------------|-----------------|
| <b>SWIM</b>  | <b>6300m</b>  | <b>21%</b>      |
| <b>RUN</b>   | <b>24200m</b> | <b>D+ 1691m</b> |
| <b>TOTAL</b> | <b>30500m</b> |                 |

Mis à jour le 01/07/2024