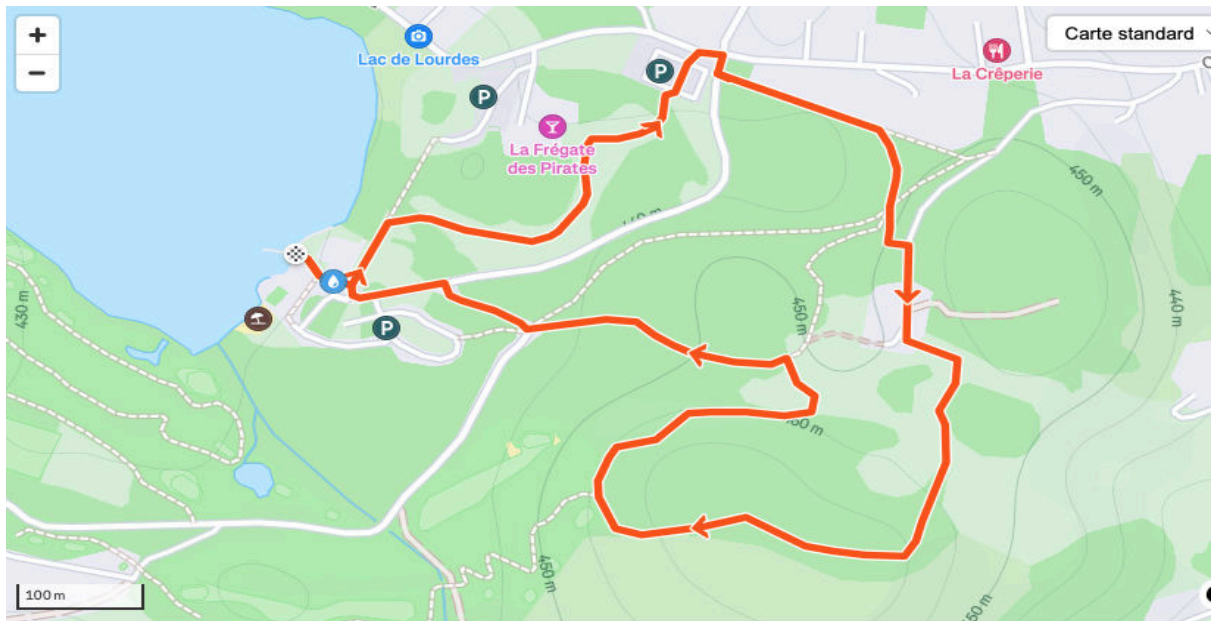
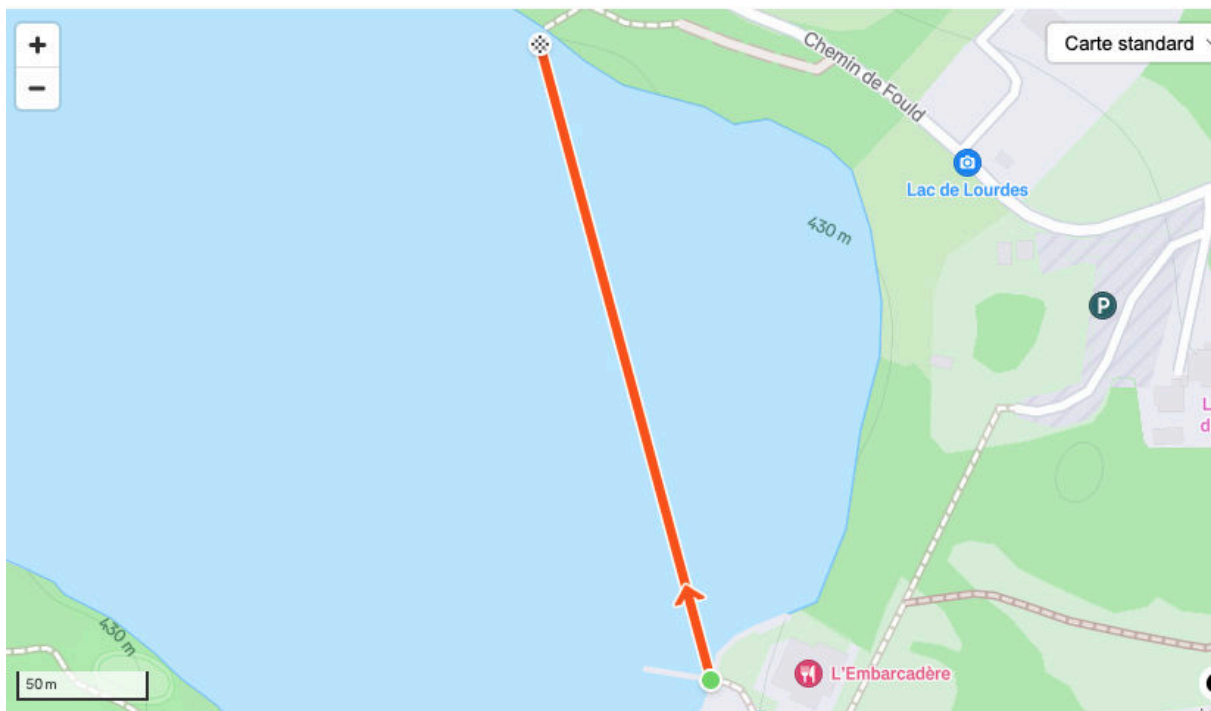


Parcours Swimrun M

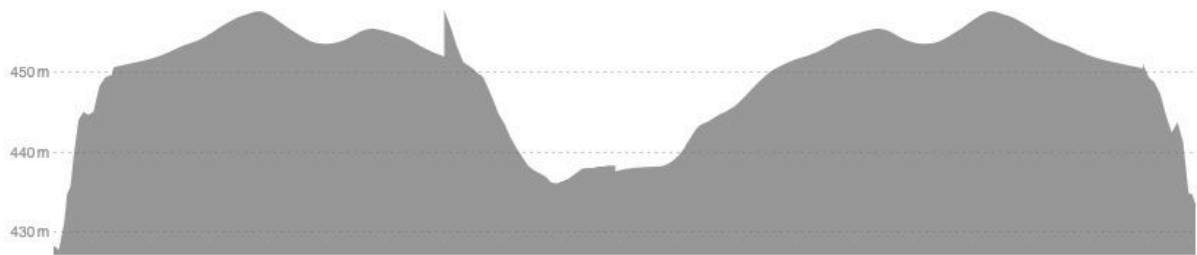
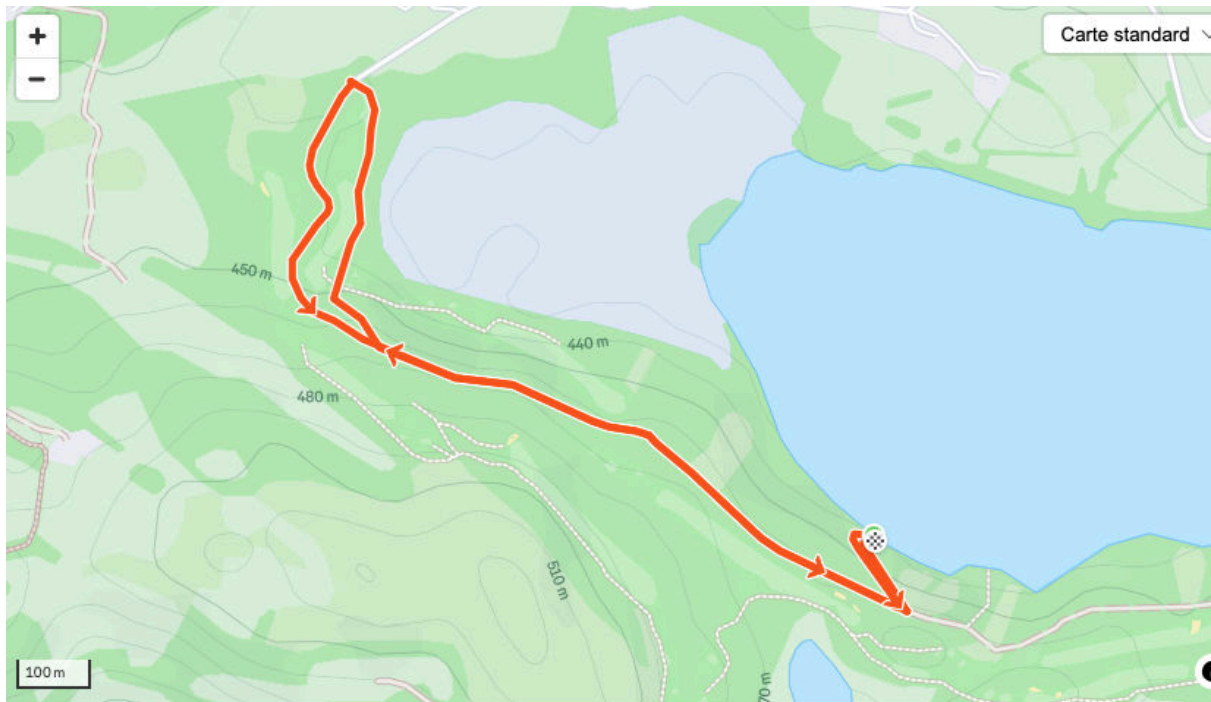
Course à pied = 2 km dénivelé + 27m



Natation 1 250m



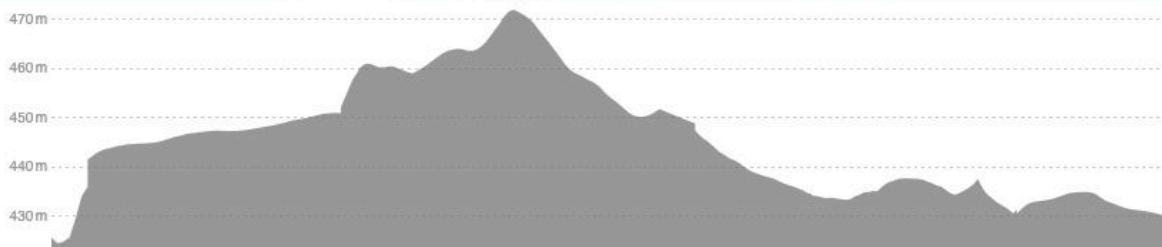
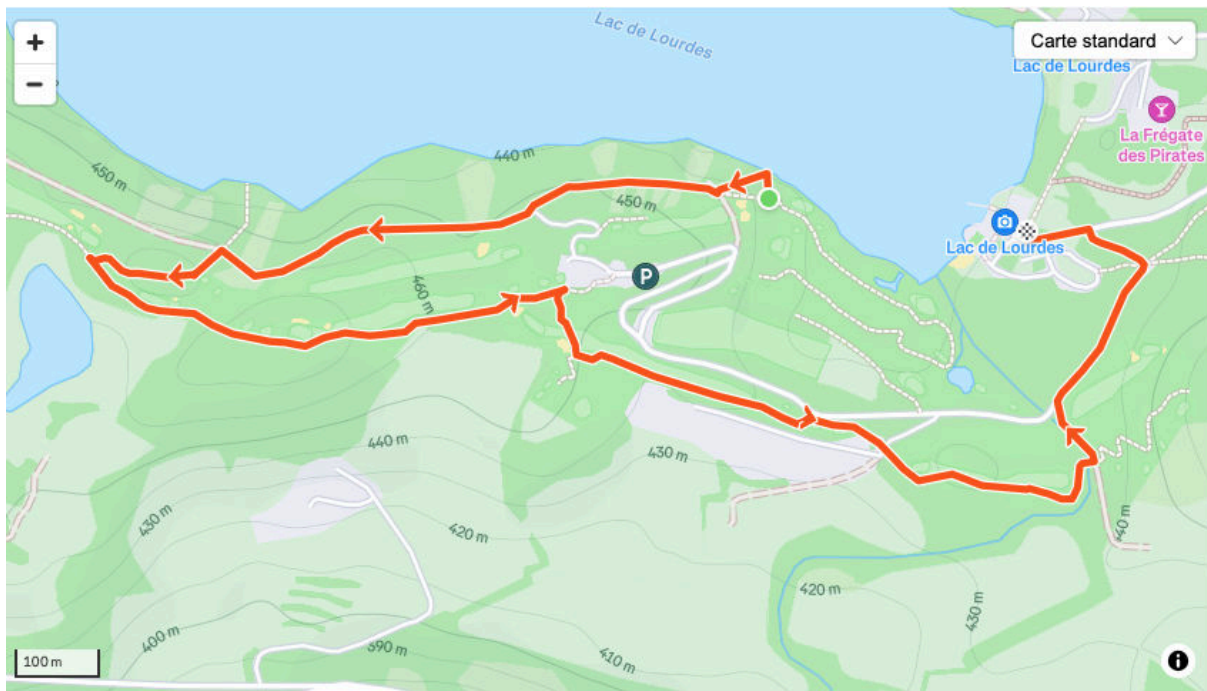
Course à pied 3 = 2,7 km dénivelé + 47m



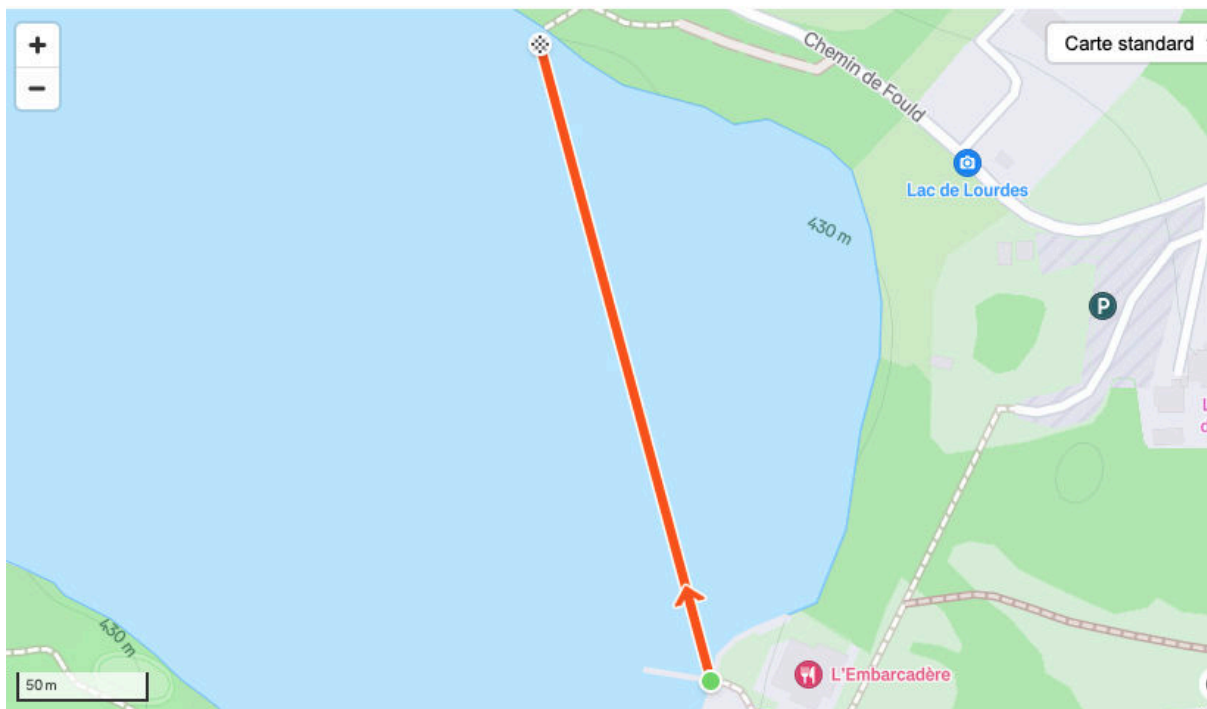
Natation 3 = 800m



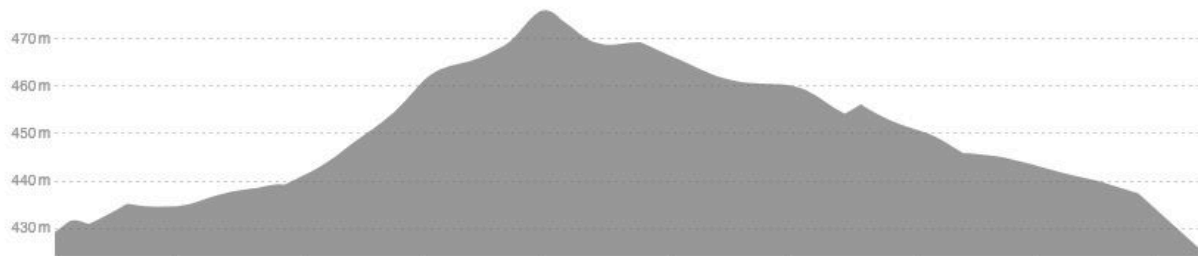
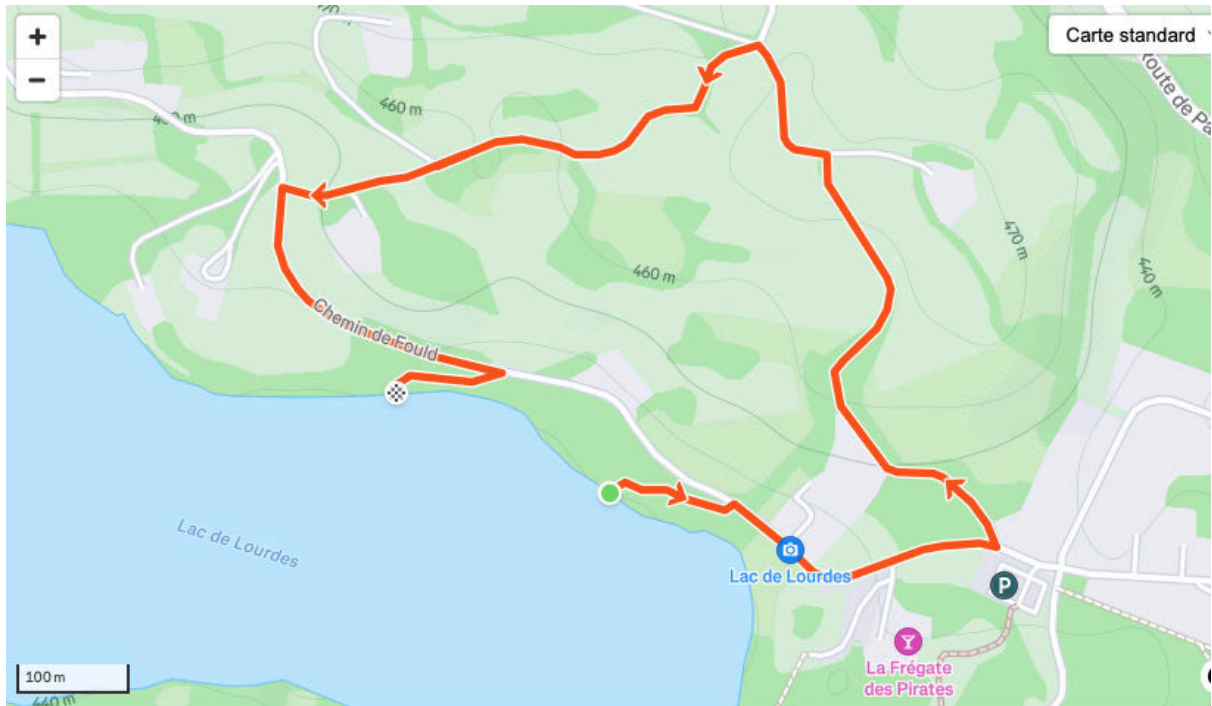
Course à pied 4 = 2,7 km dénivelé + 48m



Natation 4 250m



Course à pied 5 = 1,9 km dénivelé + 49m



Natation 5 = 800 m



Course à pied 6 = 1.83 km dénivé +44 m



Totale = 15.95 km

2900 m natation et 13.05 km course à pied = totale dénivé +264m

Natation en lac, course à pied un mélange de trail et d'asphalte