4.1K
D+46M

KIDS ®
SWIMRUN CÔTE VERMEILLE

💧 R1	Ravitaillement **liquide**
🍏 R2	Ravitaillement **solide / liquide**

PRESENTED BY Meet Deal

Type	Section / lieu	Dist. section / intervalle	D+ / intervalle	D− / intervalle	Distance cumulée	D+ cumulé	D− cumulé
RUN 1	**Poste secours Racou → mise à l'eau**	**0,050 km**	**0 m**	**−5 m**	**0,050 km**	**0 m**	**−5 m**
SWIM 1	**Natation 1**	**0,300 km**	**—**	**—**	**0,350 km**	**—**	**—**
RUN 2	**Plage Racou nord → plage du sud**	**2,068 km**	**+16 m**	**−18 m**	**2,418 km**	**+16 m**	**−23 m**
🍏 **R1**	Cabane aux Cochons	1,917 km	—	—	2,267 km	—	—
SWIM 2	**Natation 2**	**0,185 km**	**—**	**—**	**2,603 km**	**—**	**—**
RUN 3	**Plage du sud → Water sport**	**0,454 km**	**+7 m**	**−2 m**	**3,057 km**	**+23 m**	**−25 m**
SWIM 3	**Natation 3**	**0,210 km**	**—**	**—**	**3,267 km**	**—**	**—**
RUN 4	**Water sport → plage cetrale**	**0,454 km**	**+12 m**	**−16 m**	**3,721 km**	**+35 m**	**−41 m**
SWIM 4	**Natation 4**	**0,185 km**	**—**	**—**	**3,906 km**	**—**	**—**
RUN 5	**Plage centrale → Charles Trenet**	**0,194 km**	**+11 m**	**0 m**	**4,100 km**	**+46 m**	**−41 m**
🍏 **R2**	Charles Trenet – Arrivée	—	—	—	4,100 km	+46 m	−41 m