

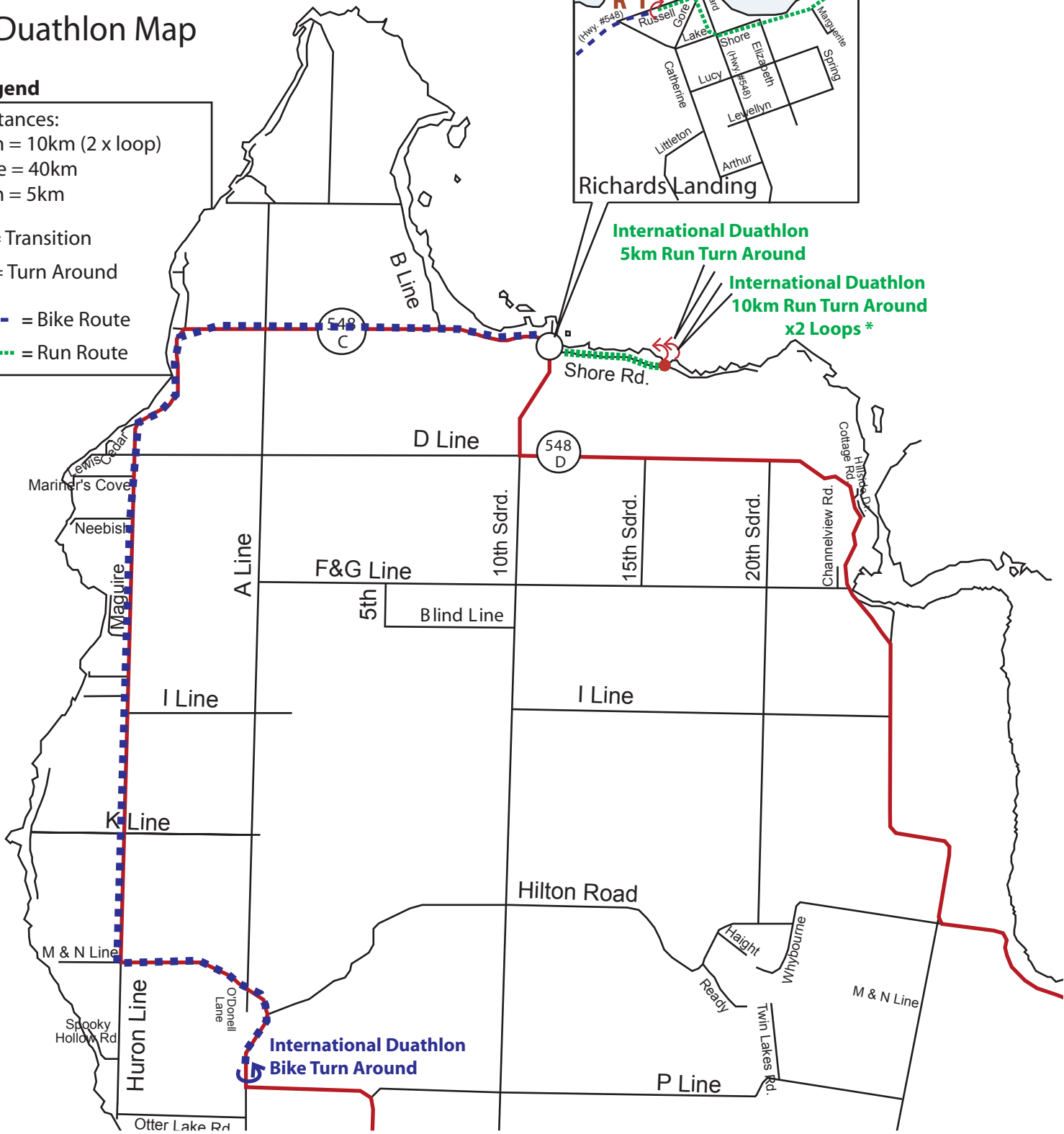
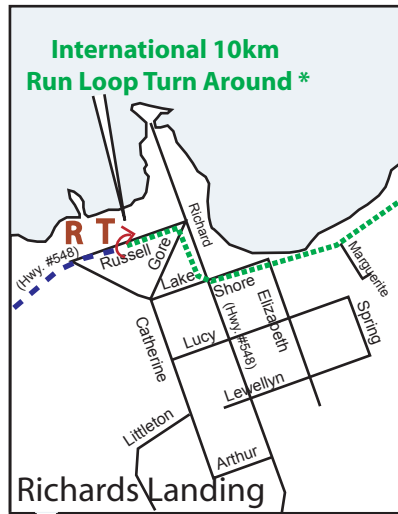


TRIATHLON

International Duathlon Map

Legend

- Distances:
 - Run = 10km (2 x loop)
 - Bike = 40km
 - Run = 5km
- T** = Transition
- = Turn Around
- = Bike Route
- = Run Route



International Duathlon Bike Turn Around

International Duathlon 5km Run Turn Around

International Duathlon 10km Run Turn Around x2 Loops *