



DUATHLON

Short

- 1km run (1 lap)
- 10.5km bike (6 laps)
- 3km run (3 laps)

Long

- 1km run (1 lap)
- 10.5km bike (6 laps)
- 3km run (3 laps)
- 10.5km bike (6 laps)
- 3km run (3 laps)

TRANSITION
& FINISH

