

BIKE

80km




40km x 2 LAPS

5 KM

Cycle Distance Marker

A

Waypoints



Swim Route



Landmarks


 Cycle Route

TRANSITION

Transition Zone

 Run Route

T1 EXIT

- 6.5 km **A** LEFT Turn
- 11.0 km **B** RIGHT Turn
- 15.4 km **C** U-Turn
- 19.3 km **D** SHARP LEFT Turn
- 21.5 km **E** SHARP RIGHT Turn
- 23.2 km **F** LEFT Turn
- 26.3 km **G** LEFT Turn
- 30.0 km **H** U-Turn
- 40.0 km  U-Turn and Begin Lap 2

COMPLETE 2ND LAP

ENTER T2 80.0 km

