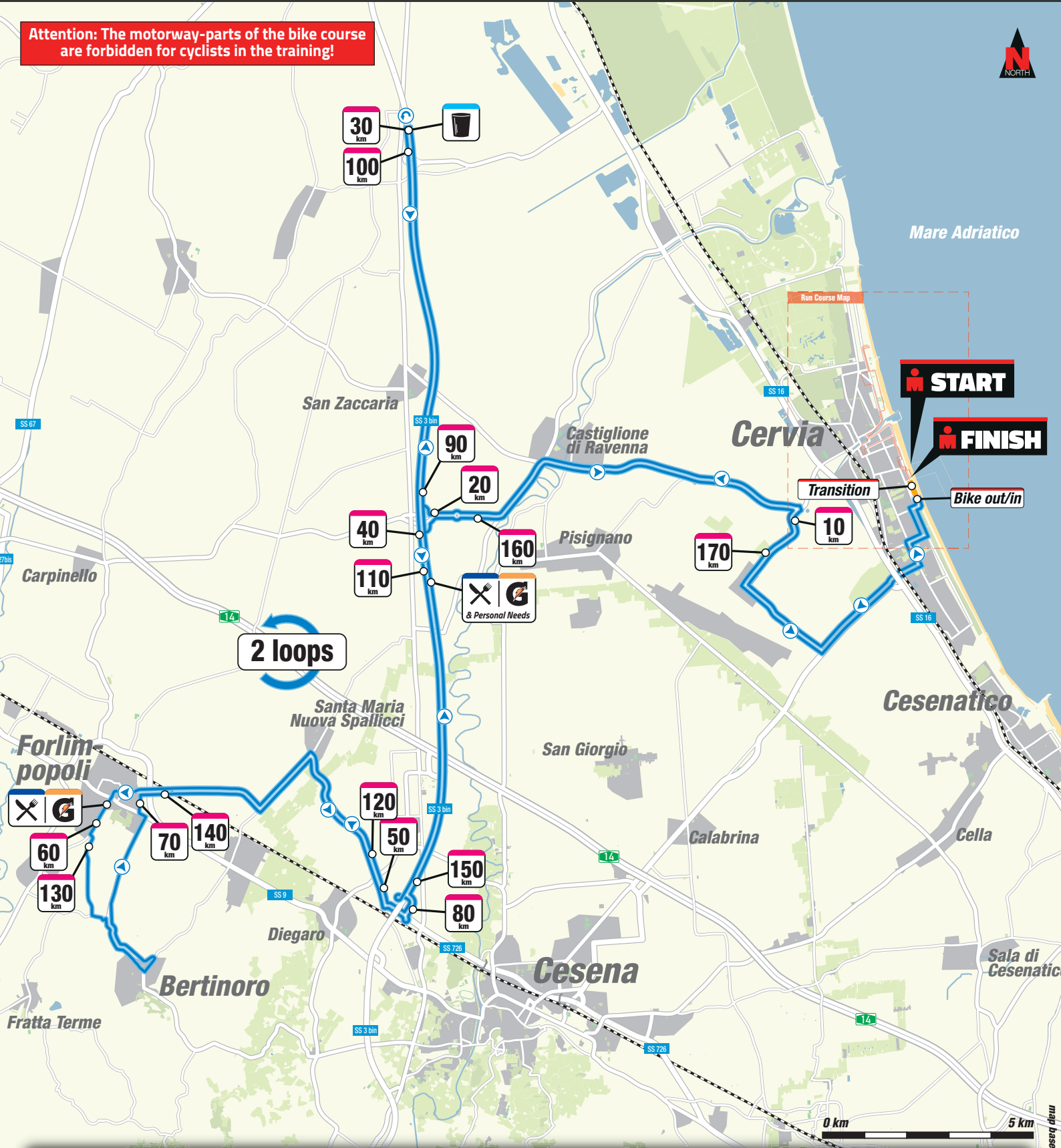


Attention: The motorway-parts of the bike course are forbidden for cyclists in the training!



2 loops

START

FINISH

Bike out/in

Transition

30 km
 100 km

90 km
 20 km

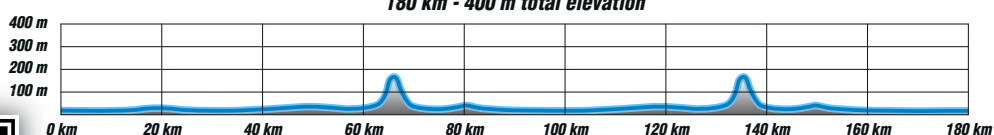
40 km
 110 km
 & Personal Needs

170 km

10 km

60 km
 70 km
 130 km
 140 km

120 km
 50 km
 150 km
 80 km



- Swim course
- Bike course
- Run course
- 20 km Kilometer
- Gatorade
- Aid station
- Water station

