

# 2013 ASIAN TRIATHLON CHAMPIONSHIPS



## ELITE / U23 STANDARD COURSE

Swim : 1.5 km (750m x 2 laps)  
Bike : 42 km (10km + 4 laps)  
Run : 10 km (3.33km x 3 laps)

Elite Swim Course  
Standard Bike Course  
Run Course

