

# 2013 ASIAN TRIATHLON CHAMPIONSHIPS



## AGE GROUP SPRINT COURSE

Swim : 750m (750m x 1 lap)  
Bike : 18 km (10km + 1 lap)  
Run : 5 km (2.5km x 2 laps)

Elite/	→	Swim Course
Age-Group	→	Bike Course
Sprint	→	Run Course

