

# 2013 ASIAN TRIATHLON CHAMPIONSHIPS



## AGE GROUP STANDARD COURSE

Swim : 1.5 km (750m x 2 laps)  
 Bike : 38 km (1 big lap + 10 km + 1 small lap)  
 Run : 10km (3.33 x 3 laps)

Age-Group Standard  
 ———→ Swim Course  
 ———→ Bike Course  
 ———→ Run Course

