

# ATHLETE'S GUIDE



Version 4.0 22th of April

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## 1. GENERAL INFORMATION

### 1.1. INTRODUCTION

The purpose of the Athletes Info Guide is to ensure that all Elite Athletes and Coaches are informed about the Event.

The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production day. However, Team Leaders are advised to check with the Information Center LOC OFFICE during the Championship's week, and its website [www.alcobendas.com](http://www.alcobendas.com) prior to that week, regarding any changes on information included in this guide.

### 1.2. KEY DATES

<b>Age Group Team Managers Briefing</b>	11:00	April 24h
<b>ParaTriathlon Athletes Briefing</b>	12:00	April 24th
<b>Bike Course Familiarization</b>	16:00	April 24th
<b>Junior Athletes Briefing</b>	17:00	April 24th
<b>Elite   U23 Athletes Briefing</b>	18:00	April 24th
<b>Junior Women Event</b>	9:00	April 25th
<b>Junior Men Event</b>	10:45	April 25th
<b>Junior Award Ceremony</b>	12:00	April 25th
<b>ParaTriathlon Event</b>	12:30	April 25th
<b>Elite   U23 Women Event</b>	15:00	April 25th
<b>ParaTriathlon Award Ceremony</b>	15:30	April 25th
<b>Elite   U23 Men Event</b>	18:00	April 25th
<b>Elite   U23 Award Ceremony</b>	20:15	April 25th
<b>Relay Briefing</b>	20:30	April 25th
<b>Age Group Sprint Event</b>	8:30	April 26th
<b>Age Group Standard Event</b>	12:00	April 26th
<b>Elite Mixed Team Relay Event</b>	16:30	April 26th
<b>Junior Mixed Team Relay Event</b>	16:33	April 26th
<b>Elite Mixed Team Relay Award Ceremony</b>	18:30	April 26th
<b>Junior Mixed Team Relay Award Ceremony</b>	18:30	April 26th
<b>Age Group Award Ceremony</b>	18:45	April 26th

### 1.3. KEY CONTACTS

- Executive Director Francisco Soriano
- Technical Director Jorge García – [jorge.garcia@triatlon.org](mailto:jorge.garcia@triatlon.org)
- Media Manager Vanessa González – [comunicacion@triatlon.org](mailto:comunicacion@triatlon.org)
- Technical Delegate Anabela Santos
- Staff Services Alejandro Hidalgo – [alejandro.hidalgo@triatlon.org](mailto:alejandro.hidalgo@triatlon.org)
- Athletes Services Raquel González – [raquel.gonzalez@triatlon.org](mailto:raquel.gonzalez@triatlon.org)
- Transport and Accommodation Responsible – [araceliGarcia@halconviajes.com](mailto:araceliGarcia@halconviajes.com)

### 1.4. CONTACT DETAILS

Spanish Federation:

Jorge García

Tel: +34 915 59 93 05

Mob: +34 650 64 63 62

[jorge.garcia@triatlon.org](mailto:jorge.garcia@triatlon.org)

## 2. VENUE

Alcobendas  
**duathlon**  
ETU European Championships

### GENERAL VIEW



### 2.1. VENUE

The venue is located at the ValdelasFuentes Sports Center, where the Finish Area will be located.

### 2.2. SPORT INFORMATION CENTRE

The Information Center/LOC OFFICE will be at open at:

<b>Thursday</b>	16:00 to 20:00
<b>Friday</b>	10:00 to 19:00
<b>Saturday</b>	8:00 to 20:00
<b>Sunday</b>	7:00 to 17:00

### 2.3. ATHLETE'S LOUNGE

Facilities including athletes' lounge and toilets are provided to the athletes (Elite, Junior, and ParaTriathlon) at the Sports Center

### 2.4. DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules.

### 2.5. MEDICAL SERVICES

First Aid and Emergency Medical Services at the Sports Center will be available during the official familiarization and competition hours to anyone requiring medical assistance.

Medical and paramedical personnel will be available throughout the familiarization courses and competitions times.

Medical Tents will be provided on site at the recovery zone.

Teams should ensure that they have appropriate medical insurance.

European citizens must have the EHIC to be treated in public hospital. Non-European travelers must have a private insurance or bear the financial payment, if necessary.

More information:

[http://www.seg-social.es/Internet\\_6/Trabajadores/PrestacionesPension10935/Asistenciasanitaria/DesplazamientosporE11566/TSE2/index.htm](http://www.seg-social.es/Internet_6/Trabajadores/PrestacionesPension10935/Asistenciasanitaria/DesplazamientosporE11566/TSE2/index.htm)

## 2.6. SECURITY

Safety during the whole competition will be guaranteed by a specific Security Plan. In the bike course Local Police will guarantee security along with a large and very well trained volunteer team. Along the run course security will be guaranteed by the Local Police. In addition, a private security company will be in charge of accesses into venues.

Emergency services telephone number: 112

## 2.7. CARAVAN PARKING

For Caravan Parking, contact LOC directly

### 3. ACCOMMODATION

#### VIAJES HALCON: DIRECCION NACIONAL DE EVENTOS

PRINCESA 27, 28008 MADRID – Ph: +34 91 399 01 79

#### 3.1. HOTEL EUROSTARS GRAN MADRID, 4\*\*\*\*

Prizes per room per night

REGIMEN	INDIVIDUAL	DOUBLE	TRIPLE
Bed and Breakfast	61 €	66 €	-
Half Board	73 €	90 €	-
Full Board	83 €	110 €	-

#### 3.2. HOTEL AC SAN SEBASTIAN DE LOS REYES 4\*\*\*\*

Prizes per room per night

REGIMEN	INDIVIDUAL	DOUBLE	TRIPLE
Bed and Breakfast	66 €	77 €	-
Half Board	79.50 €	104 €	-
Full Board	93 €	131 €	-

#### 3.3. HOTEL IBIS MADRID ALCOBENDAS 2\*\*

Prizes per room per night

REGIMEN	INDIVIDUAL	DOUBLE	TRIPLE
Bed and Breakfast	48 €	48 €	-
Half Board	60 €	71 €	-
Full Board	71 €	93 €	-

#### 3.4. HOTEL RAFAEL NORTE 4\*\*\*\*

Prizes per room per night

REGIMEN	INDIVIDUAL	DOUBLE	TRIPLE
Bed and Breakfast	60.5 €	71.5 €	-



Half Board	79 €	109 €	-
Full Board	97 €	146 €	-

### 3.5. HOTEL ARTURO A4\*\*\*\*

Prizes per room per night

REGIMEN	INDIVIDUAL	DOUBLE	TRIPLE
Bed and Breakfast	56 €	60 €	83 €
Half Board	71 €	90 €	128 €
Full Board	86 €	120 €	173 €

### 3.6. HOTEL NH SAN SEBASTIAN DE LOS REYES 4\*\*\*\*

Prizes per room per night

REGIMEN	INDIVIDUAL	DOUBLE	TRIPLE
Bed and Breakfast	78€	90 €	-
Half Board	92.40 €	118.80 €	-
Full Board	106.80 €	147.60 €	-

\* **VAT INCLUDED**

## 4. TRANSFER AND TRANSPORT

### 4.1. AIRPORT TRANSFER

The Official Travel Agency, Halcon Viajes offers a transfer service from the closest airport, Madrid Barajas Adolfo Suarez (MAD).

For more information about availability, prices and payment conditions, please contact:

Araceli García – [araceligarcia@halconviajes.com](mailto:araceligarcia@halconviajes.com)

## 5. ATHELETE'S SERVICES

### 5.1. BIKE MECHANIC CENTRE

There will be Bike Mechanic Support available during the familiarizations and race day at the Expo Area

### 5.2. RESTAURANTS AROUND

Athletes will enjoy discounts and special menus in restaurants around Centro Deportivo Valdelasfuentes.

#### **BAR RESTAURANTE CORBAYO (B)**

Traditional cuisine

C/ Camilo José Cela, 6. Alcobendas. Ph: 912 939 138

#### **SIDRERÍA CASA FIFO (C)**

Traditional Asturian cuisine

C/ Francisco Javier Sauquillo s/n. Alcobendas. Ph: 916 629 856

#### **RESTAURANTE EL MAESTRO (D)**

Tapas and Pinchos

C/ Dolores Ibárruri, 7. Alcobendas. Ph: 912 939 205

#### **RESTAURANTE BIER MEISTER (E)**

German cuisine

C/ Dolores Ibárruri, 7. Alcobendas. Ph: 916 625 718

#### **RESTAURANTE CAFÉ DE LA PLAZA (F)**

Traditional Spanish cuisine

Plaza de la Constitución. San Sebastián de los Reyes. Ph: 607 970 527

#### **RESTAURANTE FLAMAGO (G)**

Iberian products

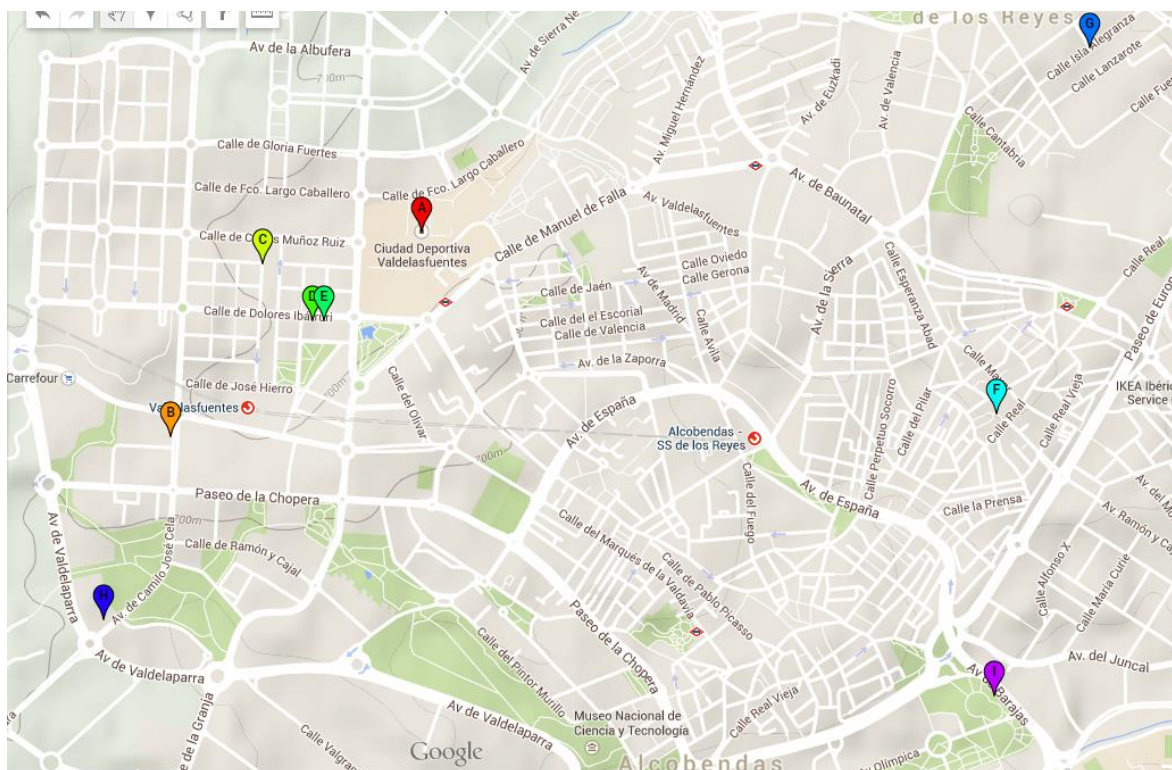
C/ Isla Alegranza. San Sebastián de los Reyes. Ph: 916 540 938

### 5.3. CLOSING PARTY

Closing party for athletes and friends will be held at

**DISCOTECA TONICA 90 (I)**

Avenida Olímpica, 2. Alcobendas



Monday to Friday: 10:00 – 14:00 / 16:00 – 19:00

### 5.7. PHYSIOTHERAPY SERVICE

Sports Physiotherapy Service will be available to the athletes after the race at the Sports Center

<b>Saturday</b>	9:00 – 21:00
<b>Sunday</b>	9:00 – 19:00

### 5.8. COURSE FAMILIARIZATION

During the bike course familiarization, Police and LOC will escort the athletes round the course.

<b>Elite, Junior, U23</b>	<b>Friday</b>	<b>16:00 – 16:30</b>
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## 6. COMPETITION SCHEDULE

### 6.1. ELITE WOMEN

DAY	START	END	ACTIVITY	PLACE
FRI	16:00	16:30	Bike Course Familiarization	Venue
FRI	18:00	18:30	Athlete's Briefing	Venue
FRI	18:30		Press Conference	Venue
FRI	19:30		Opening Ceremony	Venue
SAT	13:30	14:30	Athletes Registration	Venue
SAT	14:00	14:45	TA Check In	Venue
SAT	14:45		Calling Area	Venue
SAT	14:50		Athletes Introduction	Venue
<b>SAT</b>	<b>15:00</b>		<b>Elite Women Event</b>	<b>Venue</b>
SAT	17:30	19:30	TA Check Out	Venue
SAT	20:15		Award Ceremony	Venue

### 6.2. ELITE MEN

DAY	START	END	ACTIVITY	PLACE
FRI	16:00	16:30	Bike Course Familiarization	Venue
FRI	18:00	18:30	Athlete's Briefing	Venue
FRI	18:30		Press Conference	Venue
FRI	19:30		Opening Ceremony	Venue
SAT	16:30	17:30	Athletes Registration	Venue
SAT	17:00	17:45	TA Check In	Venue
SAT	17:45		Calling Area	Venue
SAT	17:50		Athletes Introduction	Venue
<b>SAT</b>	<b>18:00</b>		<b>Elite Men Event</b>	<b>Venue</b>
SAT	20:15	22:15	TA Check Out	Venue
SAT	20:15		Award Ceremony	Venue

### 6.3. JUNIOR WOMEN

DAY	START	END	ACTIVITY	PLACE
FRI	16:00		Bike Course Familiarization	Venue
FRI	17:00	17:30	Athlete's Briefing	Venue
FRI	19:30		Opening Ceremony	Venue
SAT	09:00	10:00	Athletes Registration	Venue
SAT	09:30	10:15	TA Check In	Venue
SAT	10:20		Calling Area	Venue
SAT	10:31		Athletes Introduction	Venue
<b>SAT</b>	<b>10:35</b>		<b>Junior Women Event</b>	<b>Venue</b>
SAT	12:00	14:00	TA Check Out	Venue
SAT	12:00		Award Ceremony	Venue

### 6.1. JUNIOR MEN

DAY	START	END	ACTIVITY	PLACE
FRI	16:00		Bike Course Familiarization	Venue
FRI	17:00	17:30	Athlete's Briefing	Venue
FRI	19:30		Opening Ceremony	Venue
SAT	09:00	10:00	Athletes Registration	Venue

SAT	09:30	10:15	TA Check In	Venue
SAT	10:20		Calling Area	Venue
SAT	10:25		Athletes Introduction	Venue
<b>SAT</b>	<b>10:30</b>		<b>Junior Men Event</b>	<b>Venue</b>
SAT	12:00	14:00	TA Check Out	Venue
SAT	12:00		Award Ceremony	Venue

## 6.2. PARATRIATHLON

DAY	START	END	ACTIVITY	PLACE
FRI	12:00	12:30	Athlete's Briefing	Venue
FRI	19:30		Opening Ceremony	TBC
SAT	11:00	12:00	Athletes Registration	Venue
SAT	11:30	12:15	TA Check In	Venue
SAT	12:15		Calling Area	Venue
SAT	12:20		Athletes Introduction	Venue
<b>SAT</b>	<b>12:30</b>		<b>ParaTriathlon Event</b>	<b>Venue</b>
SAT	14:15	16:15	TA Check Out	Venue
SAT	15:30		Award Ceremony	Venue

## 6.1. AGE GROUP SPRINT

DAY	START	END	ACTIVITY	PLACE
FRI	11:00	11:30	Team Managers Briefing	Venue
FRI	19:30		Opening Ceremony	Venue
SAT	20:30	22:00	TA Check In	Venue
SUN	06:00	08:30	TA Check In	Venue
SUN	08:15		Calling Area	Venue
<b>SUN</b>	<b>08:30</b>		<b>Age Group Sprint   M16-M39</b>	<b>Venue</b>
	<b>08:35</b>		<b>Age Group Sprint   M40-M89</b>	<b>Venue</b>
	<b>08:40</b>		<b>Age Group Sprint   F16-F79</b>	<b>Venue</b>
SUN	11:00	13:00	TA Check Out	Venue
SUN	18:45		Award Ceremony	Venue
SUN	22:00	00:15	Closing Ceremony and Final Party	Tonica 90

## 6.2. AGE GROUP STANDARD

DAY	START	END	ACTIVITY	PLACE
FRI	11:00	11:30	Team Managers Briefing	Venue
FRI	19:30		Opening Ceremony	Venue
SAT	20:30	22:00	TA Check In	Venue
SUN	06:00	08:30	TA Check In	Venue
SUN	11:45		Calling Area	Venue
<b>SUN</b>	<b>12:00</b>		<b>Age Group Standard   M18-M29</b>	<b>Venue</b>
	<b>12:05</b>		<b>Age Group Standard   M30-M39</b>	<b>Venue</b>
	<b>12:10</b>		<b>Age Group Standard   M40-M49</b>	<b>Venue</b>

	<b>12:15</b>		<b>Age Group Standard   M50-M59</b>	<b>Venue</b>
	<b>12:20</b>		<b>Age Group Standard   M60-M89</b>	<b>Venue</b>
	<b>12:25</b>		<b>Age Group Standard   F18-F39</b>	<b>Venue</b>
	<b>12:30</b>		<b>Age Group Standard   F40-F79</b>	<b>Venue</b>
SUN	11:00	13:00	TA Check Out	Venue
SUN	17:00	19:00	TA Check Out	Venue
SUN	18:45		Award Ceremony	Venue
SUN	22:00	00:15	Closing Ceremony and Final Party	Tonica 90

### 6.3. RELAY

DAY	START	END	ACTIVITY	PLACE
FRI	19:30		Opening Ceremony	Venue
SAT	20:30		Relay Briefing	Venue
SUN	15:00	16:15	TA Check In	Venue
SUN	16:20		Calling Area Elite Relay	Venue
<b>SUN</b>	<b>16:30</b>		<b>Elite Mixed Team Relay</b>	<b>Venue</b>
SUN	16:31		Calling Area Junior Relay	Venue
<b>SUN</b>	<b>16:33</b>		<b>Junior Mixed Team Relay</b>	<b>Venue</b>
SUN	18:30		TA Check Out	Venue
SUN	18:30		Award Ceremony	Venue

### 6.4. COMPETITION RULES

The ETU Duathlon European Championships will follow the latest published Competitions Rules of the International Triathlon Union.

### 6.5. ATHLETE'S BRIEFING

Athletes' briefing will take place at the Valde las Fuentes Sports Center (venue).

### 6.6. TIMING CHIPS

On the race day, athletes will be given a timing chip, to be worn on the athletes' ankle. Athletes will pick up the timing chips before the competitions, during their check-in procedure.

### 6.7. INFORMATION ABOUT THE FOP

#### 6.7.1. START

The start will take place next to the Transition Area.

#### 6.7.2. RUN COURSE

The run course is a 2,5 km lap course, with a different course for the ParaTriathlon

The course is hilly and technical.

#### 6.7.3. TRANSITION T1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit run gear in a bin placed beside the bike racks. At T1 the bike is racked with the bike facing towards the exit. Athletes' names and numbers are displayed on the top of each bike rack.

#### **6.7.4. BIKE COURSE**

The bike course, depending on the discipline will be as follows:

- Elite and U23; 8 laps of 5 km bike course, technical
- Junior; 4 laps of 5 km bike course; technical
- Age Group Sprint and Standard; 2 or 4 laps of 9,2 km; technical
- ParaTriathlon; 4 laps of 5 km bike course; technical

#### **6.7.5. WHEEL STATION**

Two (2) wheel stations will be located on the bike course. The LOC will provide a number of wheels at the 2<sup>nd</sup> wheel station at middle of the course. These wheels are:

- 3 x 700cc front wheels
- 3 x 700cc mavic rear wheels

#### **6.7.6. TRANSITION T2**

From the dismount line, athletes run in the center lane taking the bikes towards their bike rack. Running shoes may be placed beside the rack or in the bin.

#### **6.7.7. RUN COURSE**

The run course is 2,5 km lap course, the same as for the first run.

#### **6.7.8. AID STATION**

Two (2) aid stations will be located on the run course and one at the finish (beyond the finish line).

### **6.8. RESULTS**

Results will be uploaded live at the ITU official website [www.triathlon.org](http://www.triathlon.org).

Also live coverage of the race will be displayed through the web page.

All the Results information will be distributed to the Team Leaders at the Information Centre and Recovery Area.

### **6.9. PROTEST & APPEALS**

Standard procedures will be followed according to the ITU Competition Rules.



## 7. ACCREDITATION

Accreditations will be distributed at the Registration Center before the briefing.

Only accredited people will be allowed to access certain venue areas. Accreditation Cards are colour-coded and provide access to specific areas of the competition areas. All accredited people are requested to carry their Accreditation Cards with them at all times and to show them upon request. Accreditation Cards are mandatory to enter the venue.

## 8. ATHLETES SOCIAL EVENTS

### 8.1. ATHLETE'S BRIEFING

Athletes' briefing will take place at ValdelasFuentes Sports Center.

<b>Age Group Team Managers</b>	Friday	11:00
<b>ParaTriathlon</b>	Friday	12:00
<b>Junior</b>	Friday	17:00
<b>Elite and U23</b>	Friday	18:00
<b>Relay</b>	Saturday	20:30

## 9. USEFUL INFORMATION

### 9.1. LANGUAGE

The official language is Spanish. A lot of citizens speak English in Madrid.

### 9.2. POPULATION

111,000 people live in Alcobendas.

### 9.3. CURRENCY

The Spain's currency is Euro. Most major currencies may be exchanged at banks (open Monday to Friday 8:30 – 13:30). Otherwise, exchange bureau and travel agencies may provide currency exchange facilities. Rates at hotels tend to be more expensive than at banks and currency exchanges.

### 9.4. TIME

Alcobendas time is (GMT +01:00).

### 9.5. ELECTRICITY

The electric current is 220 volts.

### 9.6. WATER

Tap water is suitable for drinking.

### 9.7. POST

The main post office in Alcobendas is on Conjunto Avenida Street 10.

### 9.8. HOSPITAL

First assistance will be at the venue

### 9.9. TELEPHONE CONNECTIONS

If calling from abroad to Spain dial +34, and the phone directly chosen (9 digits).

To call abroad from Spain telephones must dial the prefix 00, the country code the phone selected.

Vodafone, Movistar and Orange are the major mobile phone service providers in Spain. Check with your home service provider to find out if Roaming Service is available for you – but be aware that a “local” call will then be routed internationally and will turn out to be very expensive.

### 9.10. GETTING AROUND

#### 9.10.1. BELOW ARE SOME TIPS TO GET YOU STARTED:

**Air:** Madrid Barajas Airport (MAD).

**Car:** The best way to get to Alcobendas is through the main Spanish roads A1 to A6, that start from Madrid:

**Rail:** Alcobendas is connected by train in less than 20 minutes, with the main stations in Madrid, Atocha and Chamartín

RENFE is the train company in Spain. More information in [www.renfe.es](http://www.renfe.es)

**Bus:** Several bus services link Madrid to the rest of Spain, France and Portugal.

### Key Phone Numbers

Madrid Airport	+34 902 404 704
RENFE	+34 902 320 320
Taxi	+34 916 593 333

## 10. TOURISM INFORMATION

### 10.1. ALCOBENDAS, NEXT TO MADRID

Alcobendas is located 10 minutes to Madrid, and connected by Metro, Train and Bus

Everybody coming to Alcobendas, can enjoy Madrid and the region, with ancient cities around like Segovia, Avila, Toledo, etc.

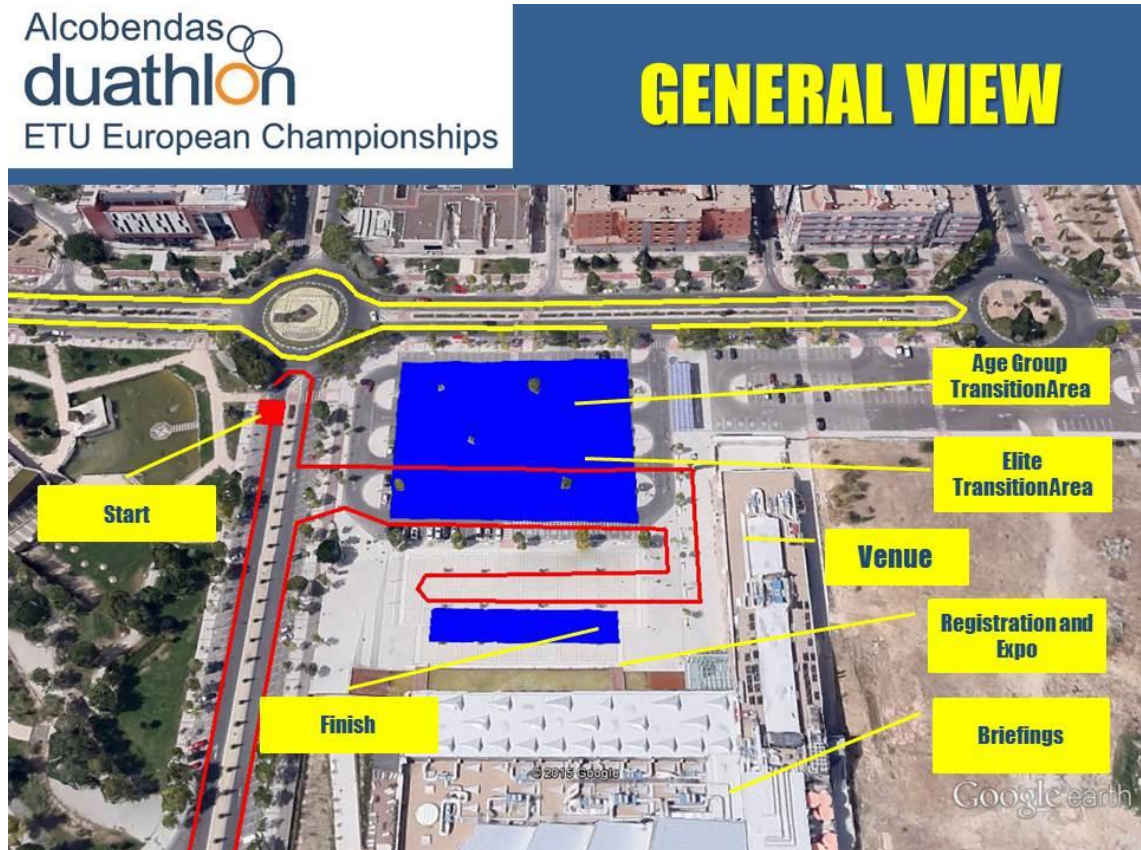
More info can be discovered here

<http://www.esmadrid.com/en/>

<http://turismomadrid.es/en/>

## 11. COURSE MAPS

### 11.1. ELITE COURSES

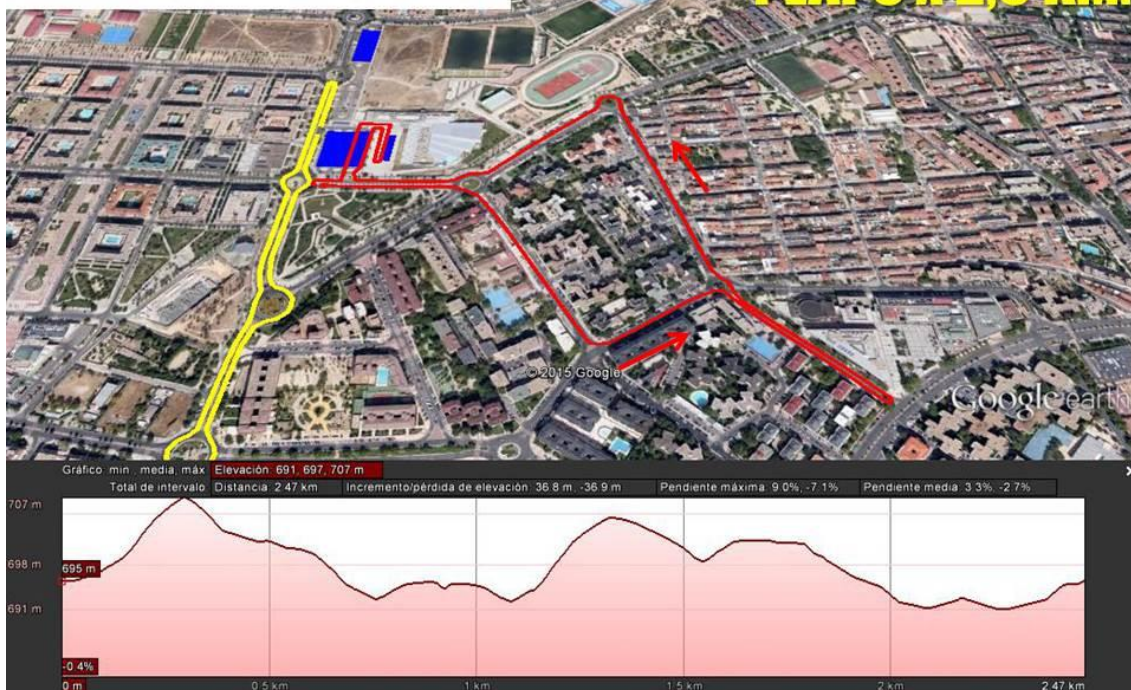




Alcobendas  
duathlon  
ETU European Championships

## ELITE RUN COURSE

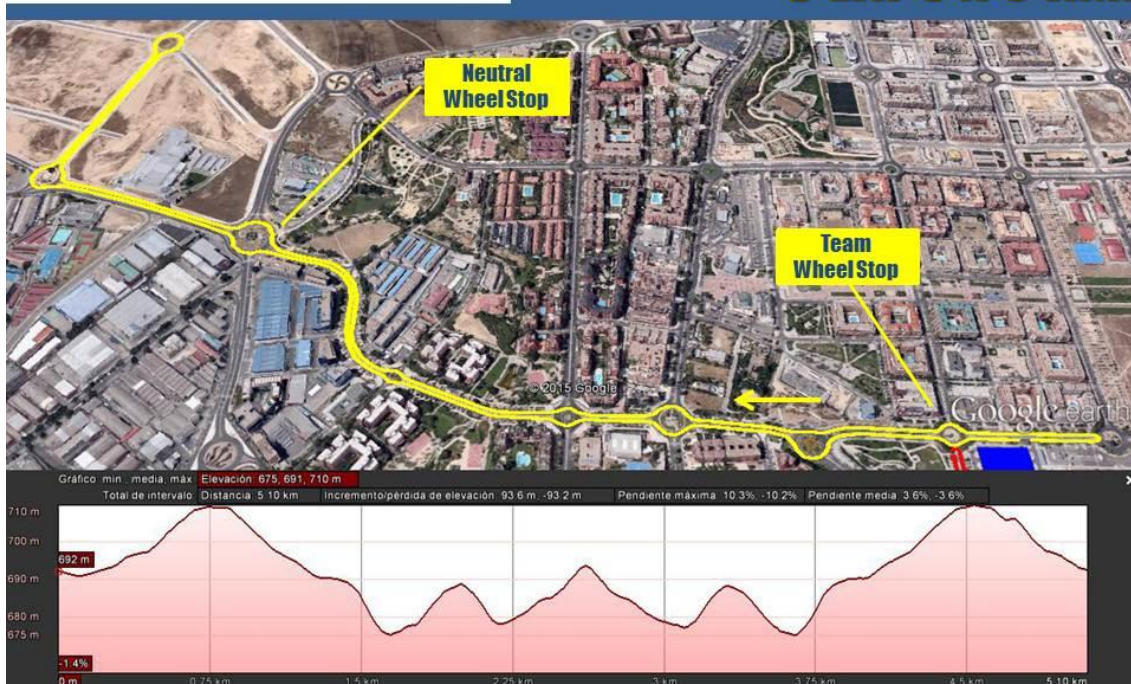
### 4 LAPS x 2,5 KM.



Alcobendas  
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## ELITE BIKE COURSE

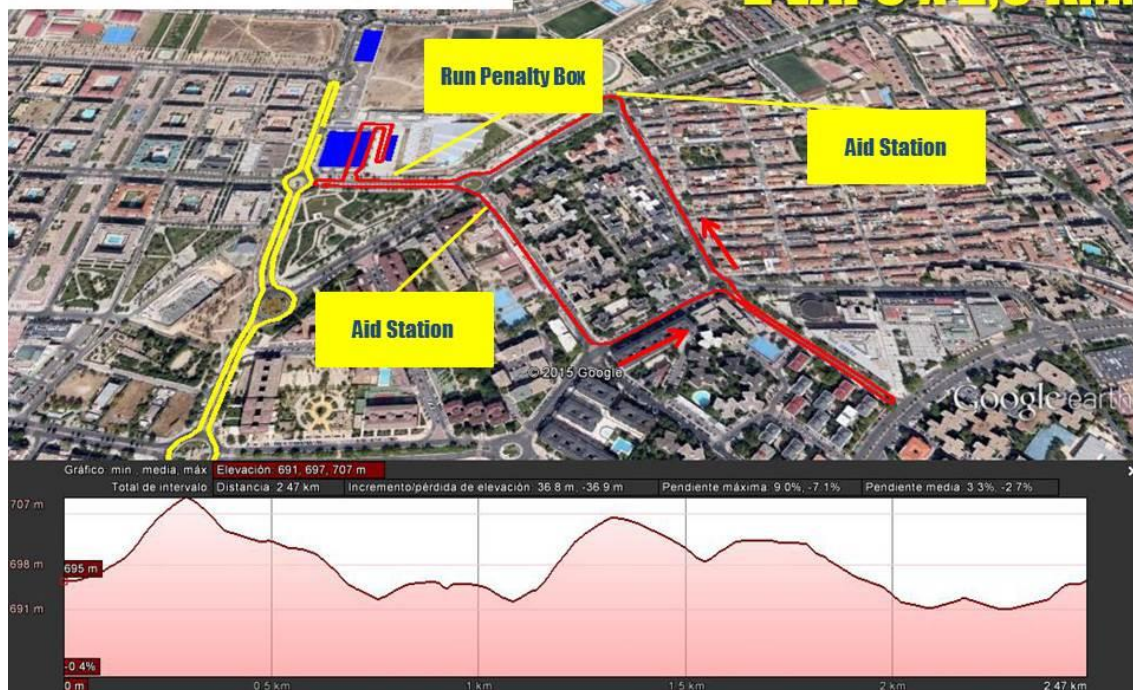
### 8 LAPS x 5 KM.





Alcobendas  
duathlon  
ETU European Championships

# ELITE RUN COURSE 2 LAPS x 2,5 KM.



## 11.2. JUNIOR COURSES



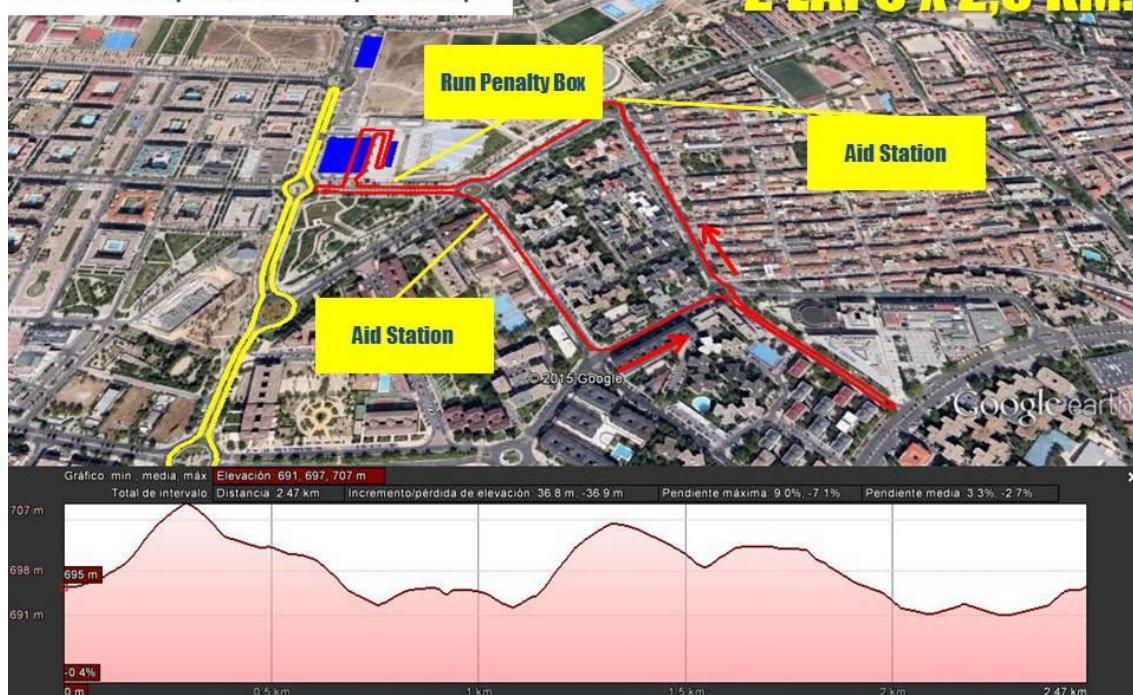
Alcobendas  
duathlon  
ETU European Championships

# GENERAL VIEW



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duathlon  
ETU European Championships

# JUNIOR RUN COURSE 2 LAPS x 2,5 KM.

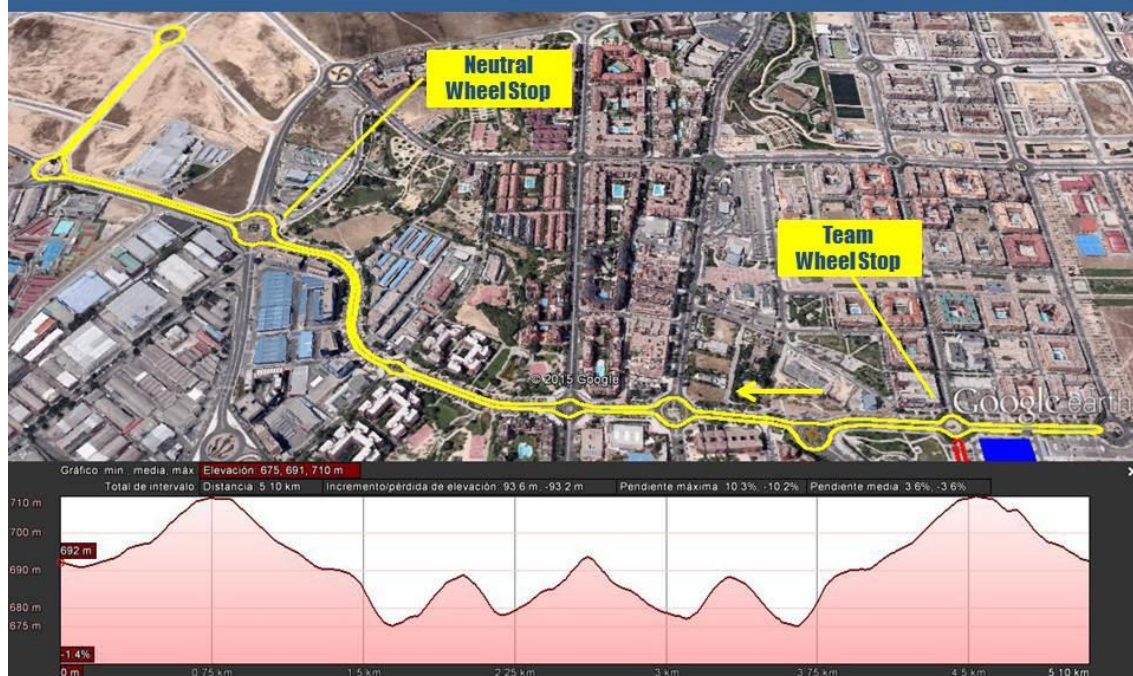




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# JUNIOR BIKE COURSE

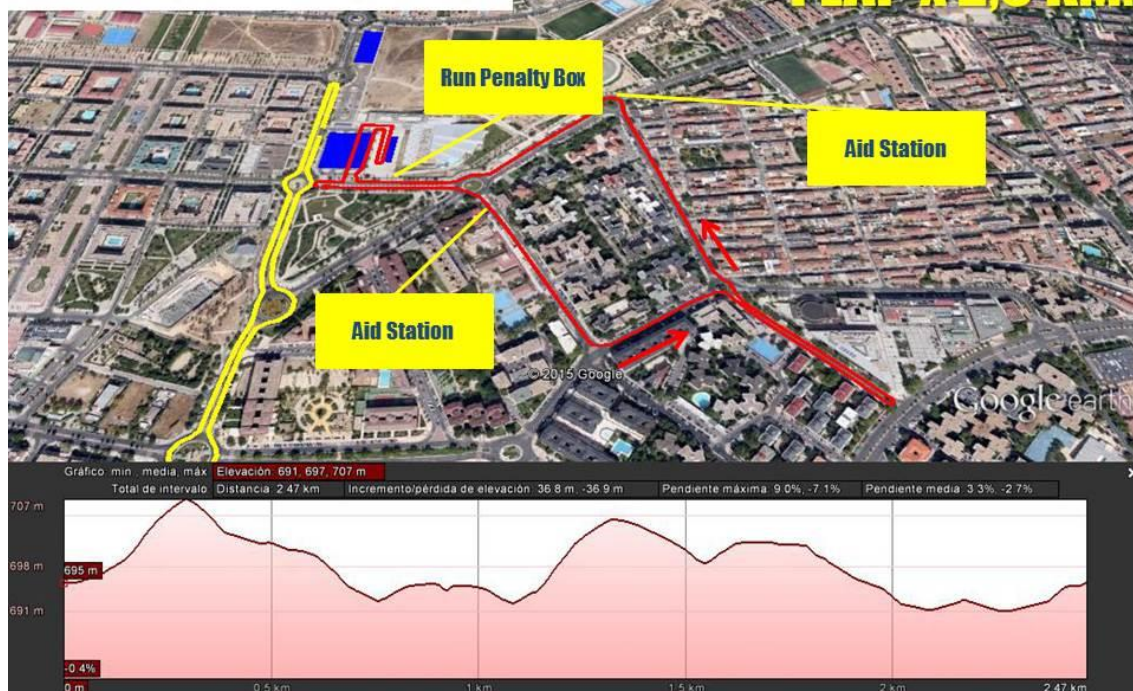
## 4 LAPS x 5 KM.



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duathlon  
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# JUNIOR RUN COURSE

## 1 LAP x 2,5 KM.





### 11.3. PARATRIATHLON COURSES

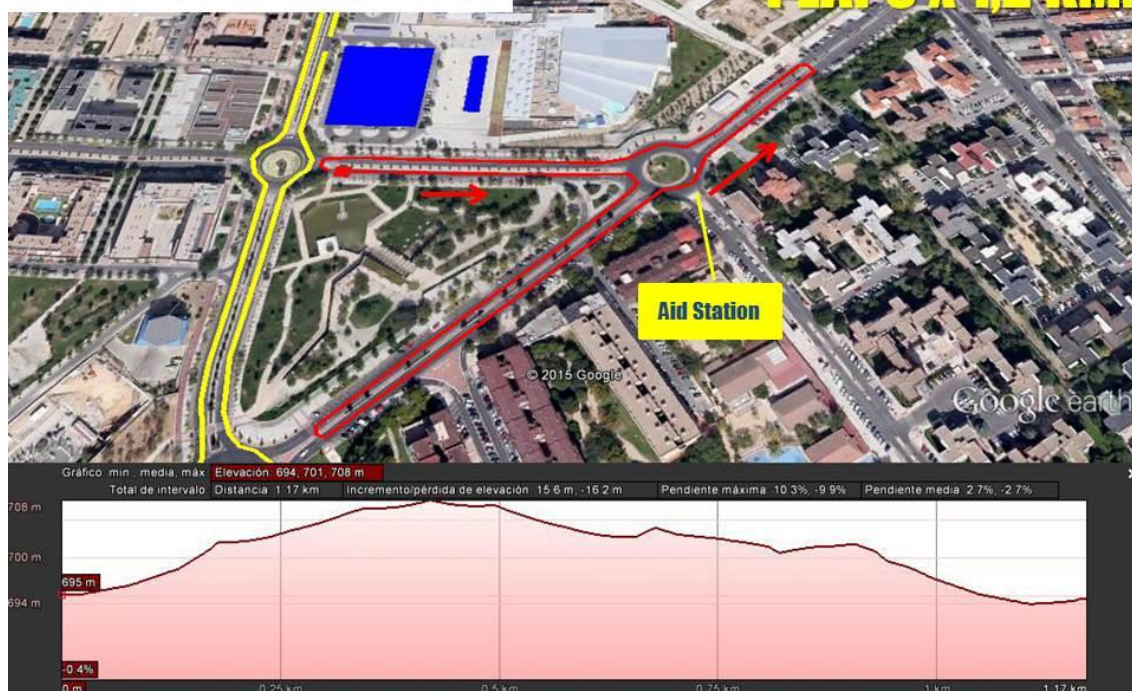
Alcobendas  
**duathlon**  
ETU European Championships

## GENERAL VIEW



Alcobendas  
**duathlon**  
ETU European Championships

## PARATRI RUN COURSE 4 LAPS x 1,2 KM.

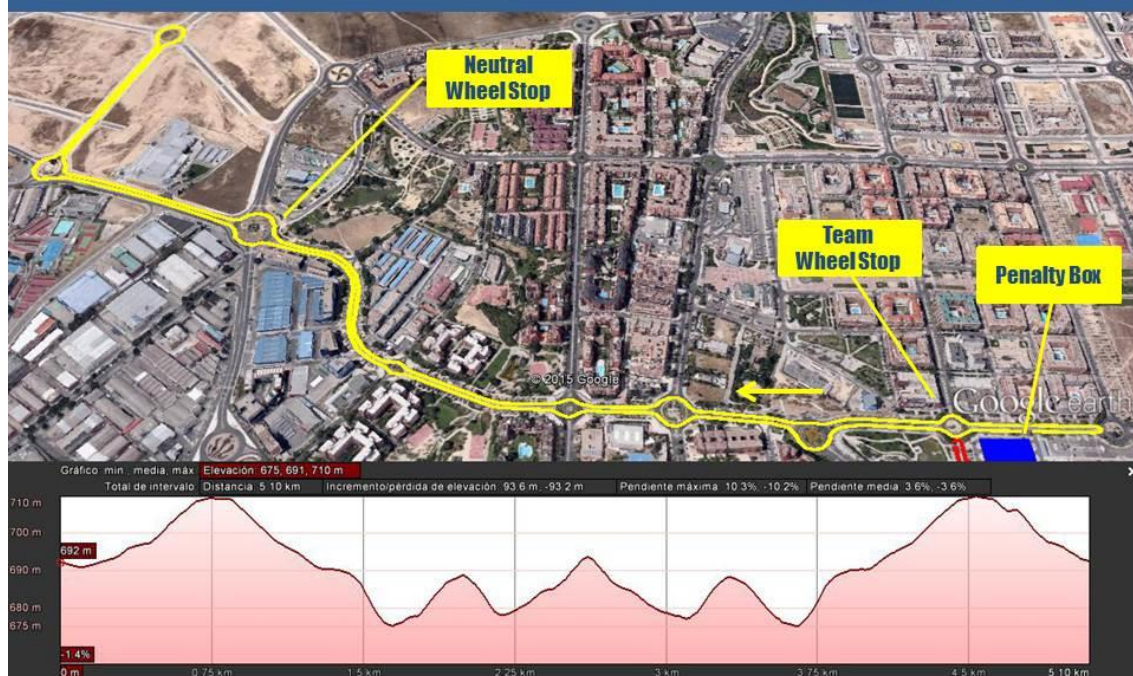




Alcobendas  
duathlon  
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# PARATRI BIKE COURSE

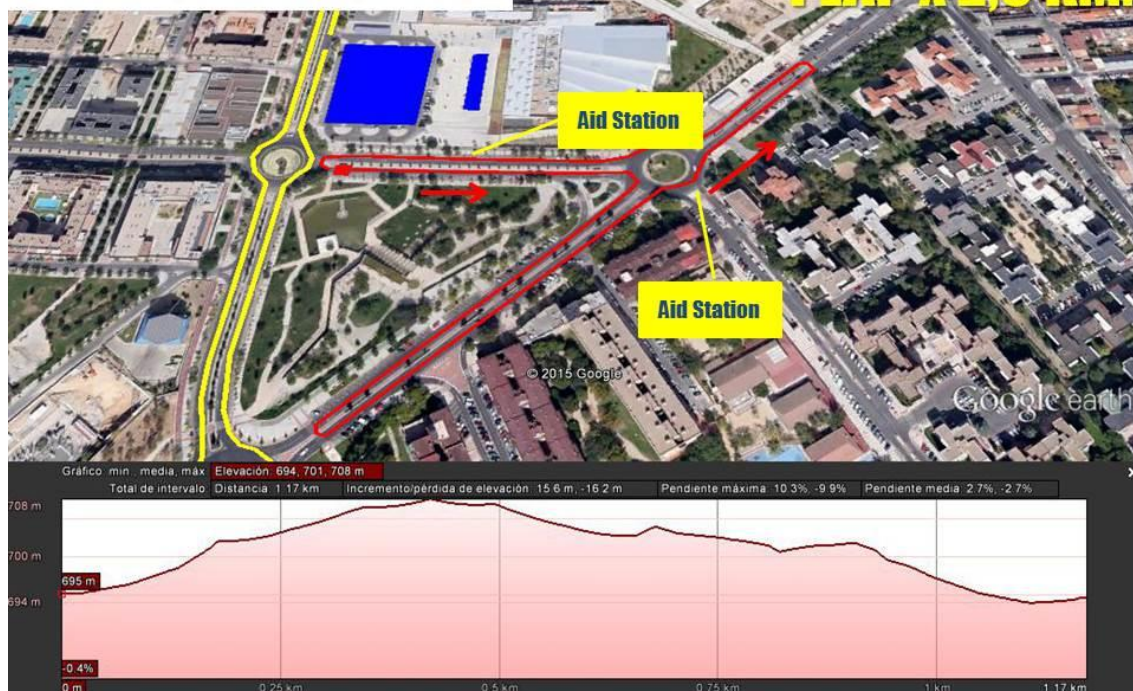
## 4 LAPS x 5 KM.



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duathlon  
ETU European Championships

# PARATRI RUN COURSE

## 1 LAP x 2,5 KM.





## 11.4. AGE GROUP SPRINT COURSES

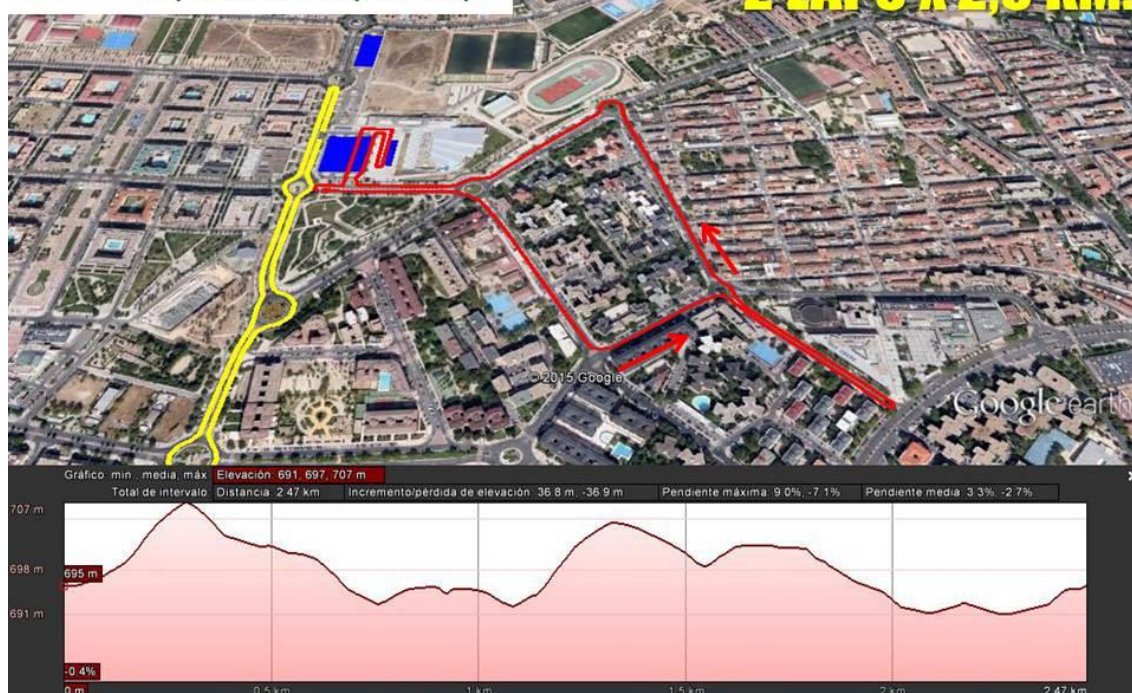
Alcobendas  
duathlon  
ETU European Championships

### GENERAL VIEW



Alcobendas  
duathlon  
ETU European Championships

### AG SPR RUN COURSE 2 LAPS x 2,5 KM.

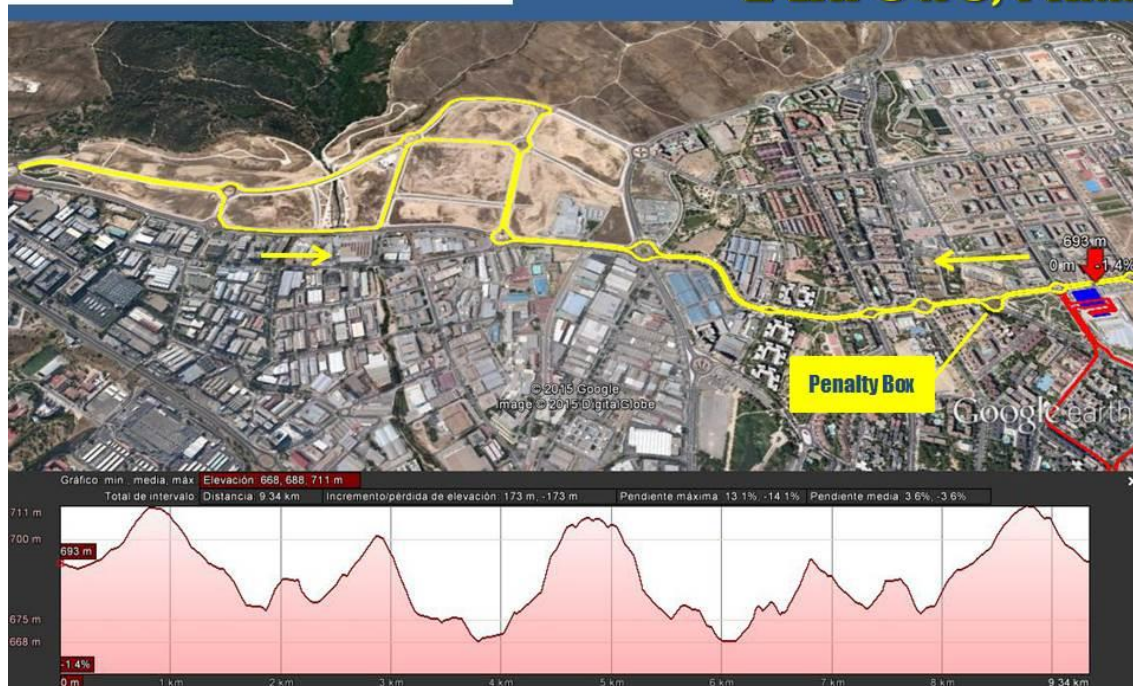




Alcobendas  
**duathlon**  
ETU European Championships

## AG SPR BIKE COURSE

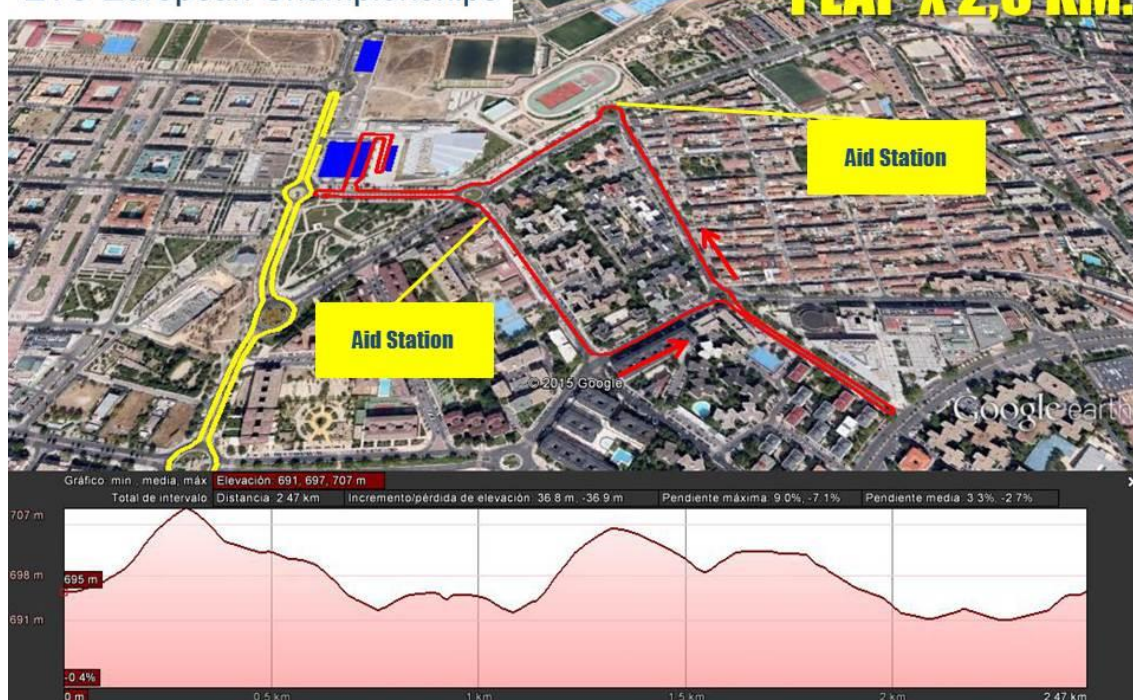
### 2 LAPS x 9,4 KM.



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## AG SPR RUN COURSE

### 1 LAP x 2,5 KM.





## 11.5. AGE GROUP STANDARD COURSES

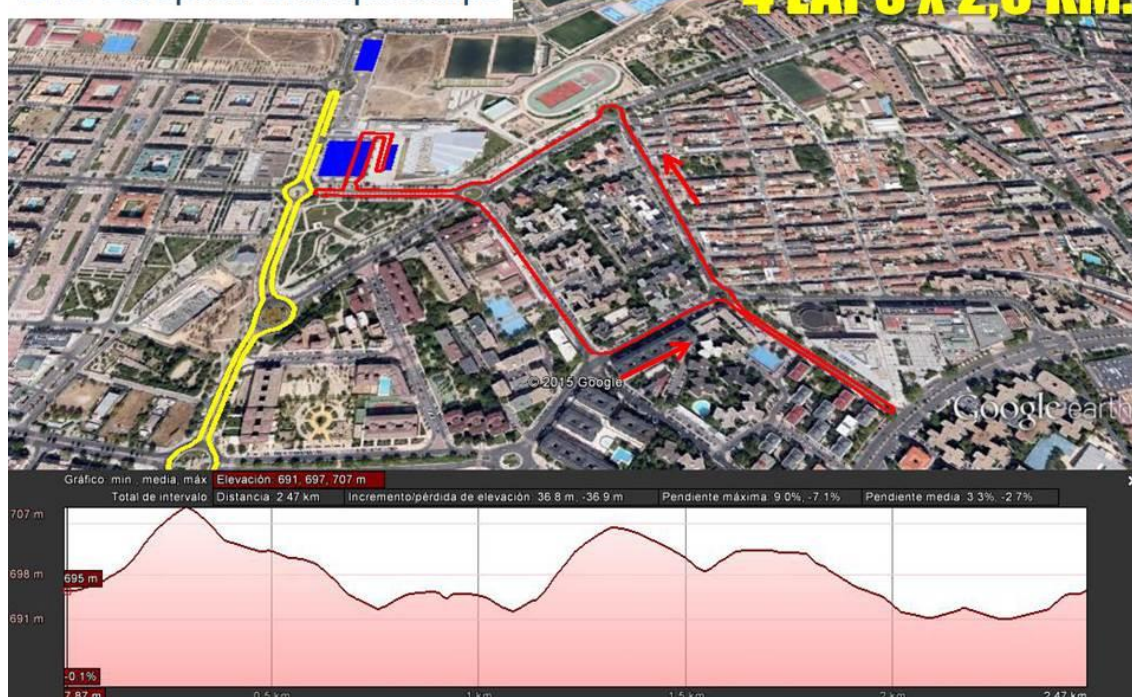
Alcobendas  
**duathlon**  
ETU European Championships

### GENERAL VIEW



Alcobendas  
**duathlon**  
ETU European Championships

### AG STD RUN COURSE 4 LAPS x 2,5 KM.





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duathlon  
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# AG STD BIKE COURSE

## 4 LAPS x 9,4 KM.



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duathlon  
ETU European Championships

# AG STD RUN COURSE

## 2 LAPS x 2,5 KM.





## 11.6. RELAY COURSES

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### GENERAL VIEW





Alcobendas  
duathlon  
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## RELAY RUN COURSE

### 2 LAPS x 1 KM.



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## RELAY BIKE COURSE

### 2 LAPS x 3 KM.



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duathlon  
ETU European Championships

# RELAY RUN COURSE

## 1 LAP x 1 KM.





