



@IbizaMultisport2018    
@ISport2018 



# Aquabike European Championships



# General







# Swim

*1 lap x 1900 m.*







# Transition 1



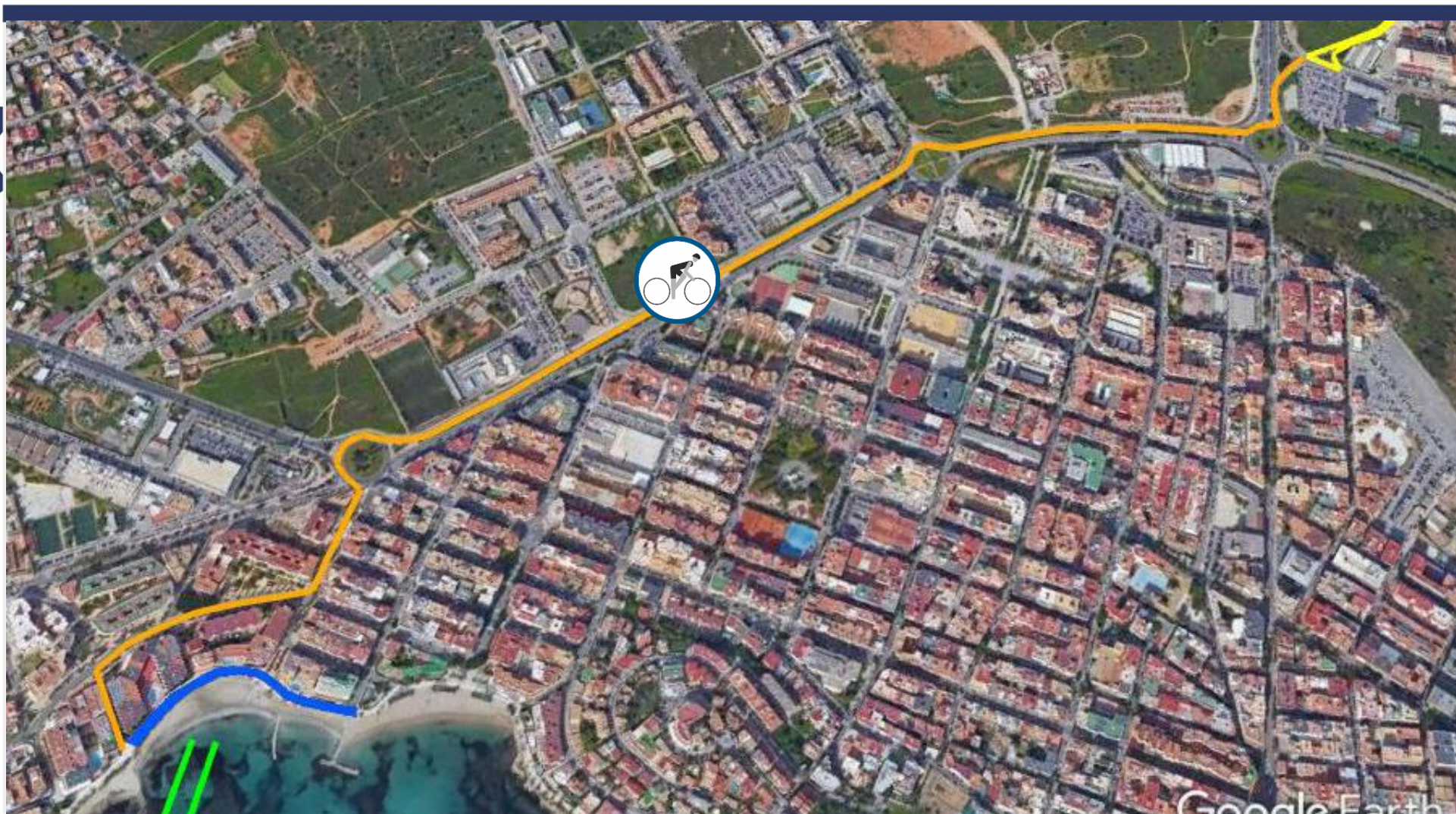




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# Start of the bike

*1 lap x 2,2 km*



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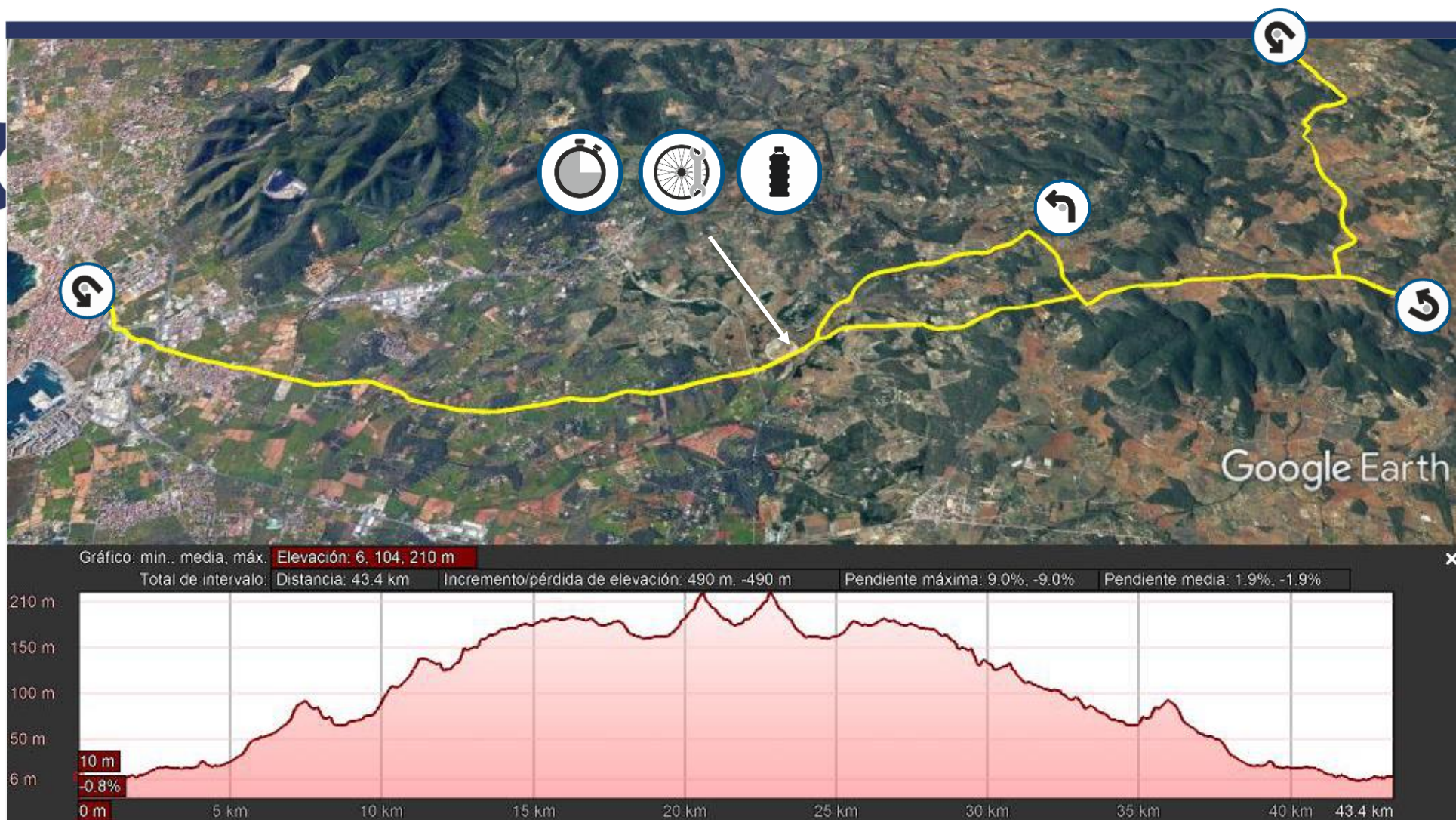
Google Earth





# Bike

2 laps x 41,2 km

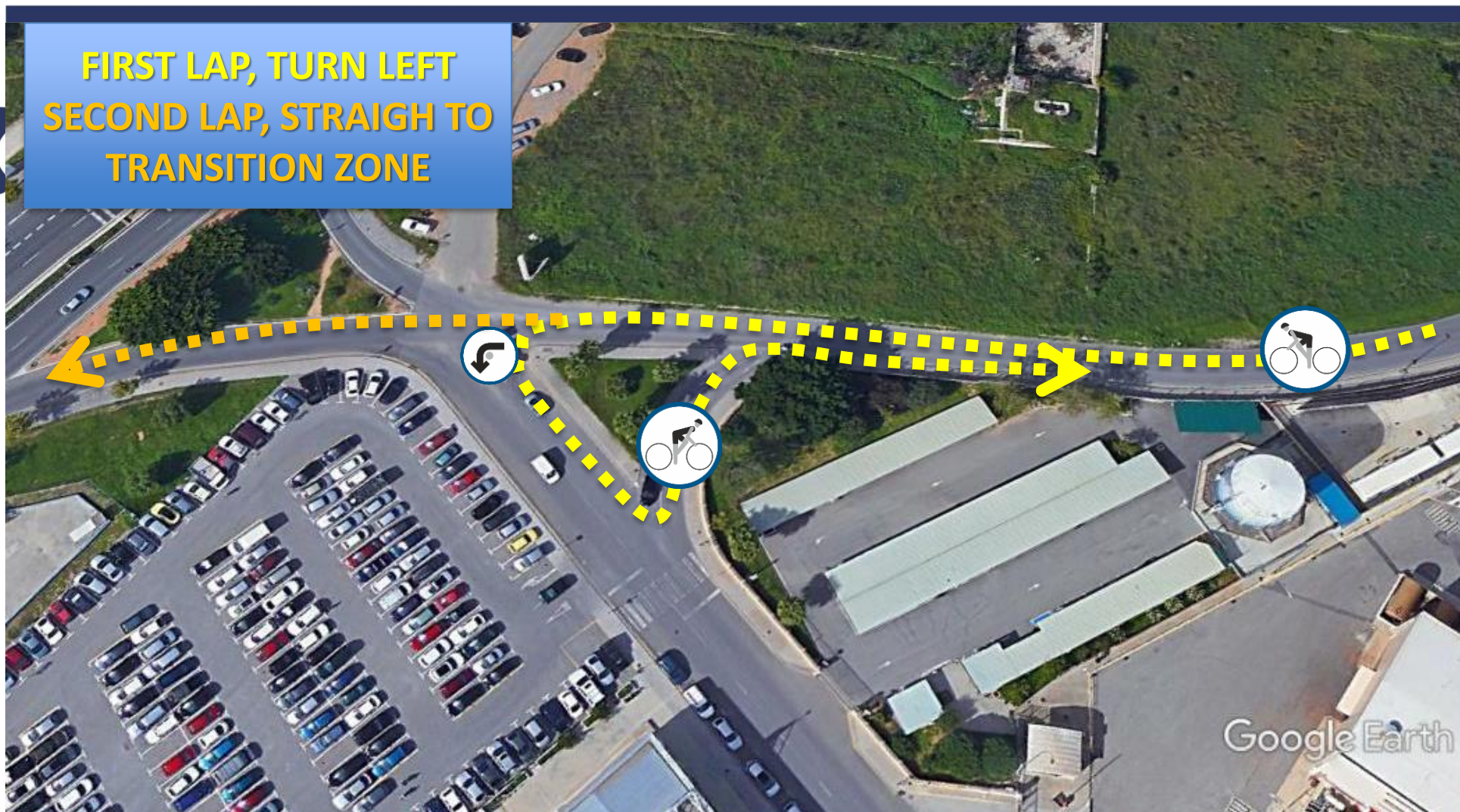






# Lap of the bike

**FIRST LAP, TURN LEFT**  
**SECOND LAP, STRAIGHT TO**  
**TRANSITION ZONE**







# Services







# Aid Station



Water in 33 cl



Iso Powerade in  
a 500 ml bike  
bottle



Gold Nutrition  
Gel



Gold Nutrition  
Bar



Banana

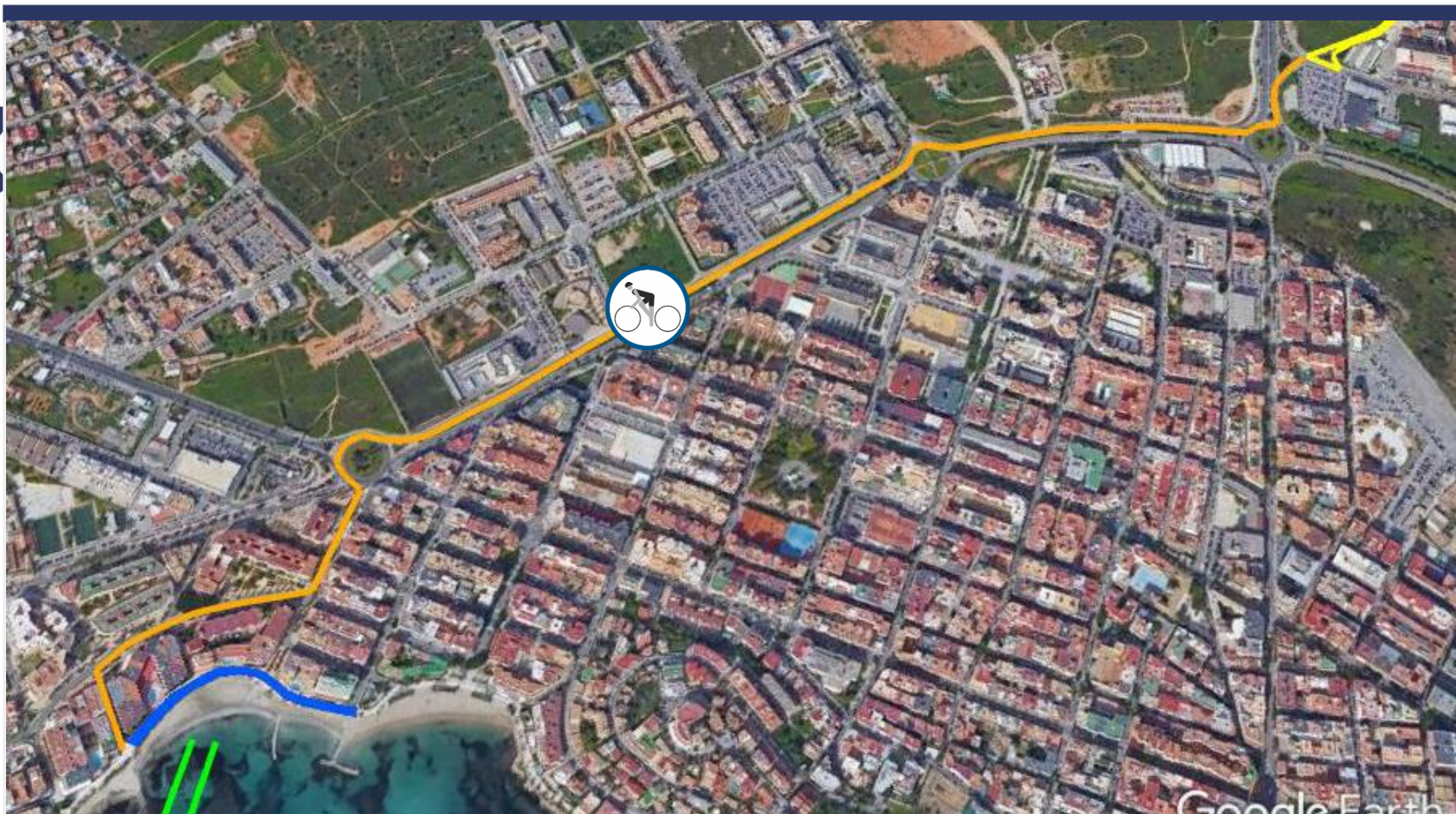




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# End of the bike

*1 lap x 2,2 km*



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# End of the Bike







# After Finishing

- 1. Go to the Transition Area and pick up your Street Wear bag***
- 2. Take the shuttle from T1 to the Finish Venue***
- 3. Cross the Finish Line, and pick up your Finisher Medal, Finisher Hood, and go to the recovery area and enjoy the event!***