



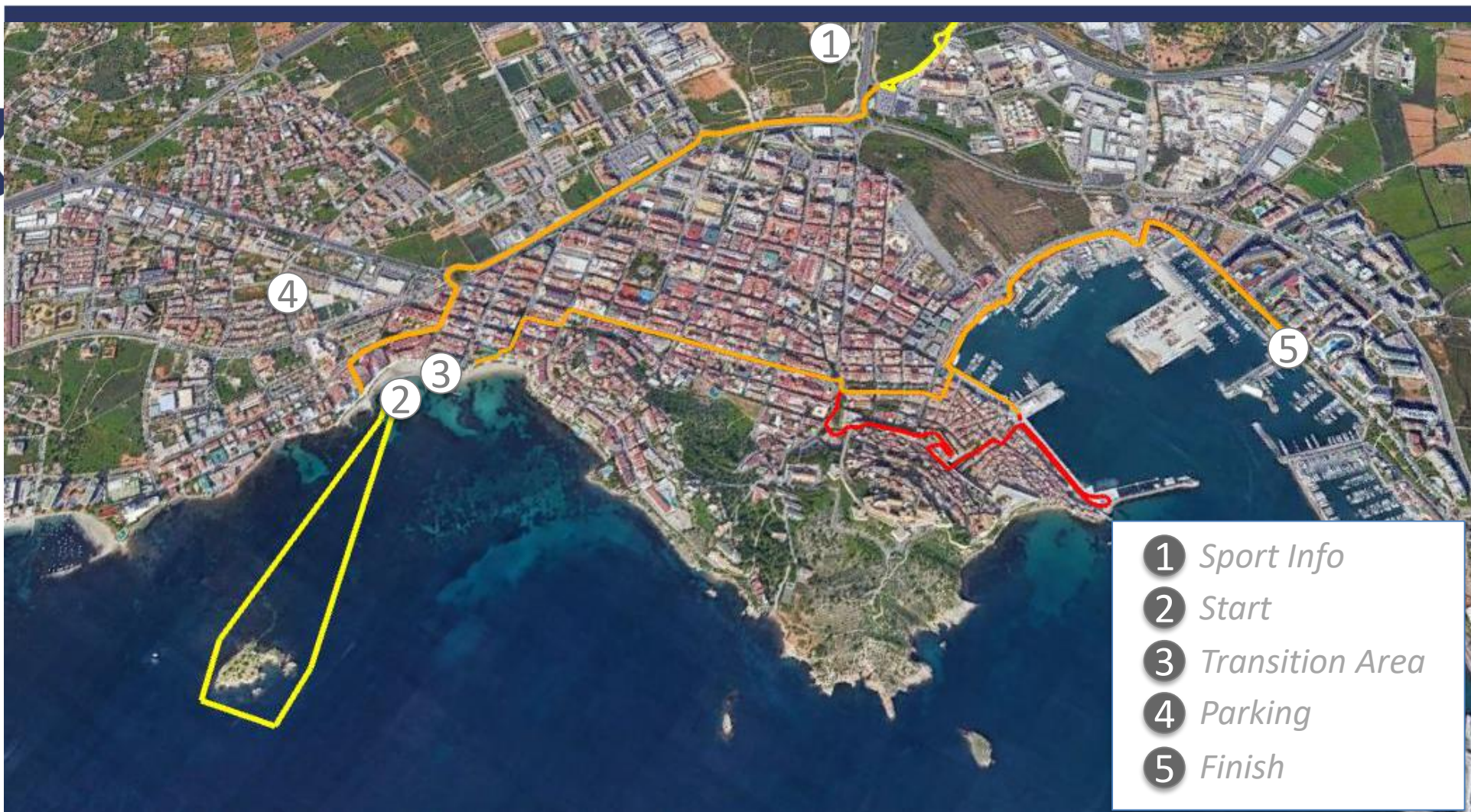
@IbizaMultisport2018    
@ISport2018 



# Middle Distance Triathlon European Championships



# General



- 1 Sport Info
- 2 Start
- 3 Transition Area
- 4 Parking
- 5 Finish



# Swim

*1 lap x 1900 m.*





# Transition 1

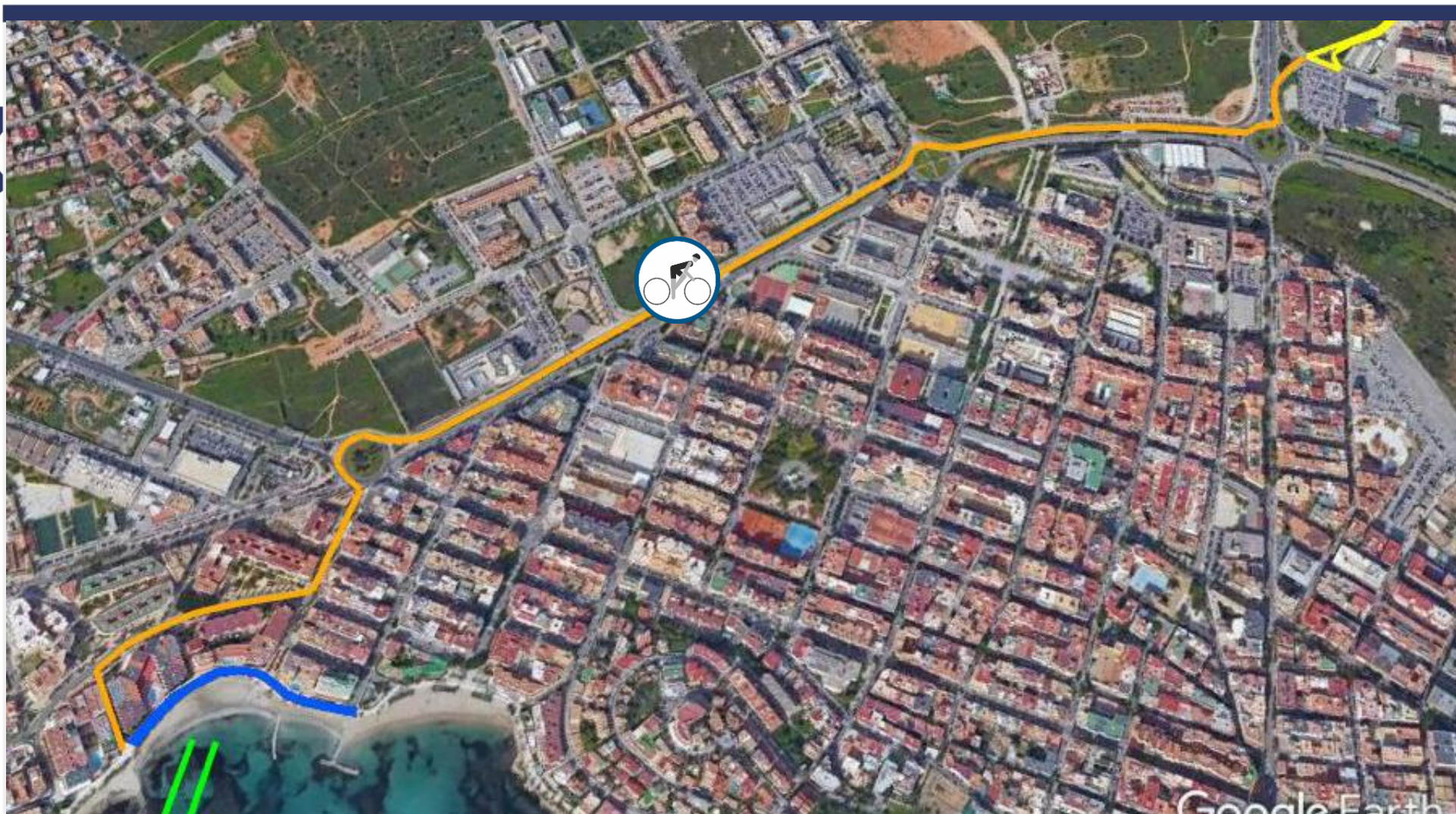




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# Start of the bike

*1 lap x 2,2 km*



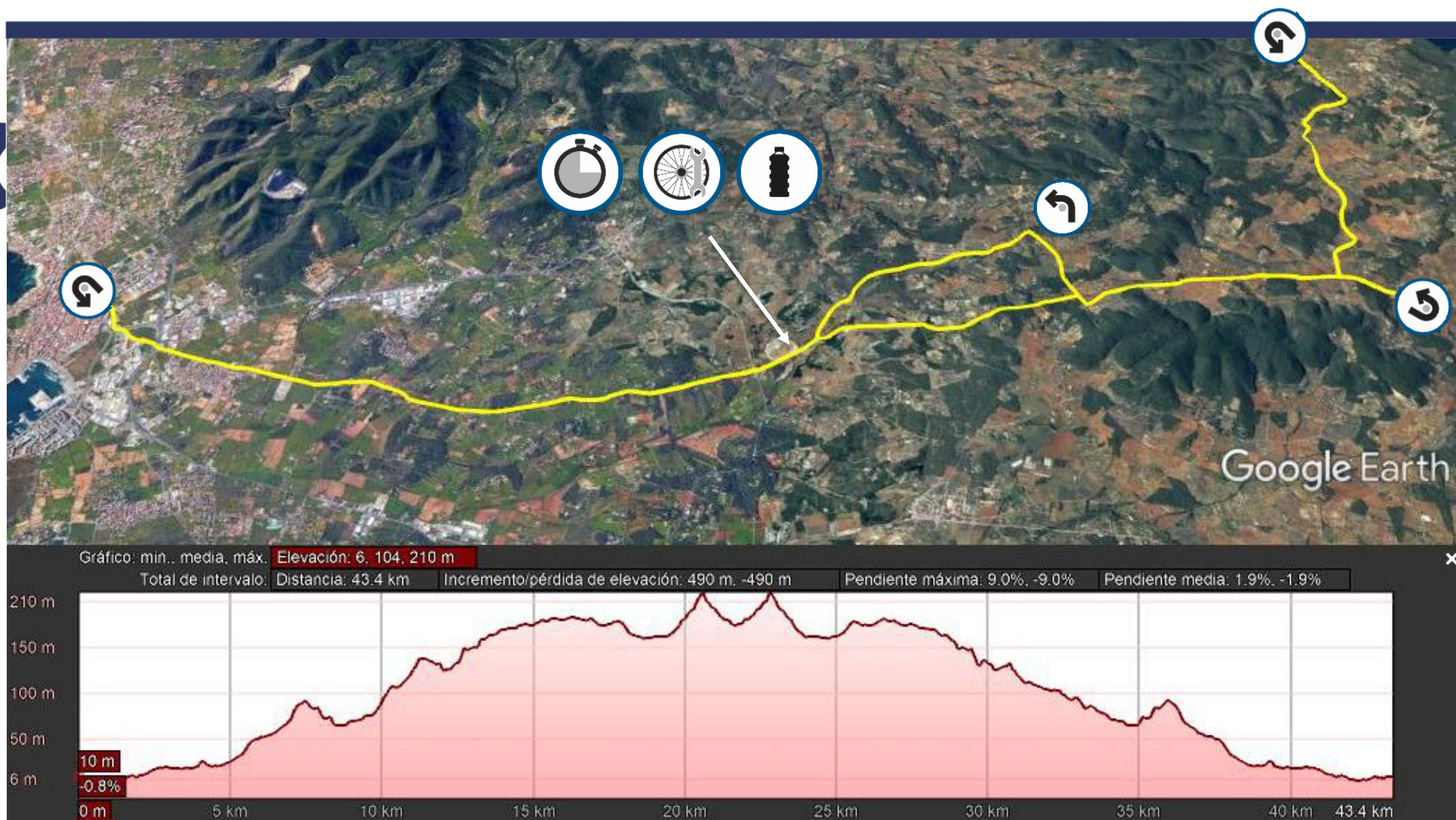
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# Bike

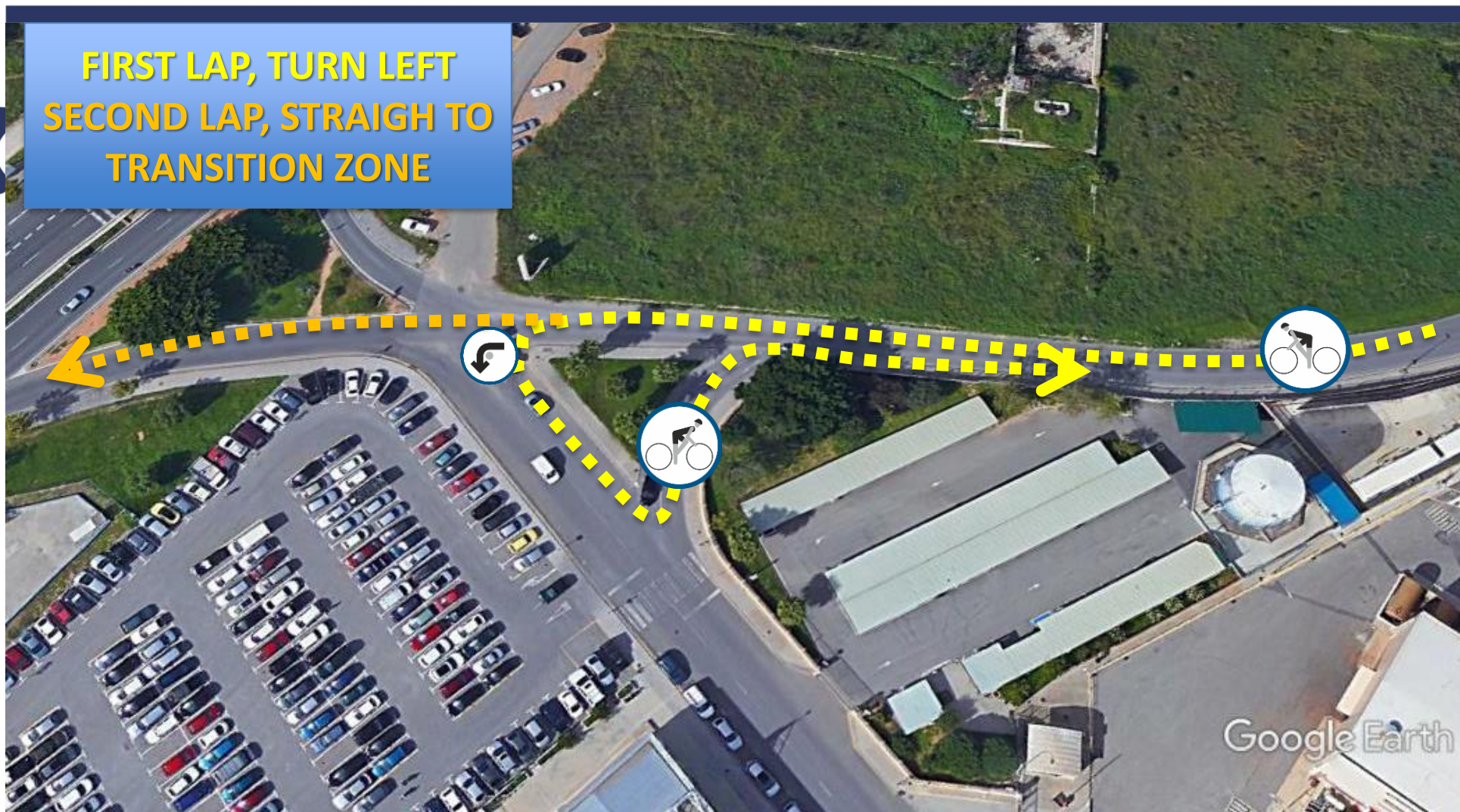
2 laps x 41,2 km





# 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



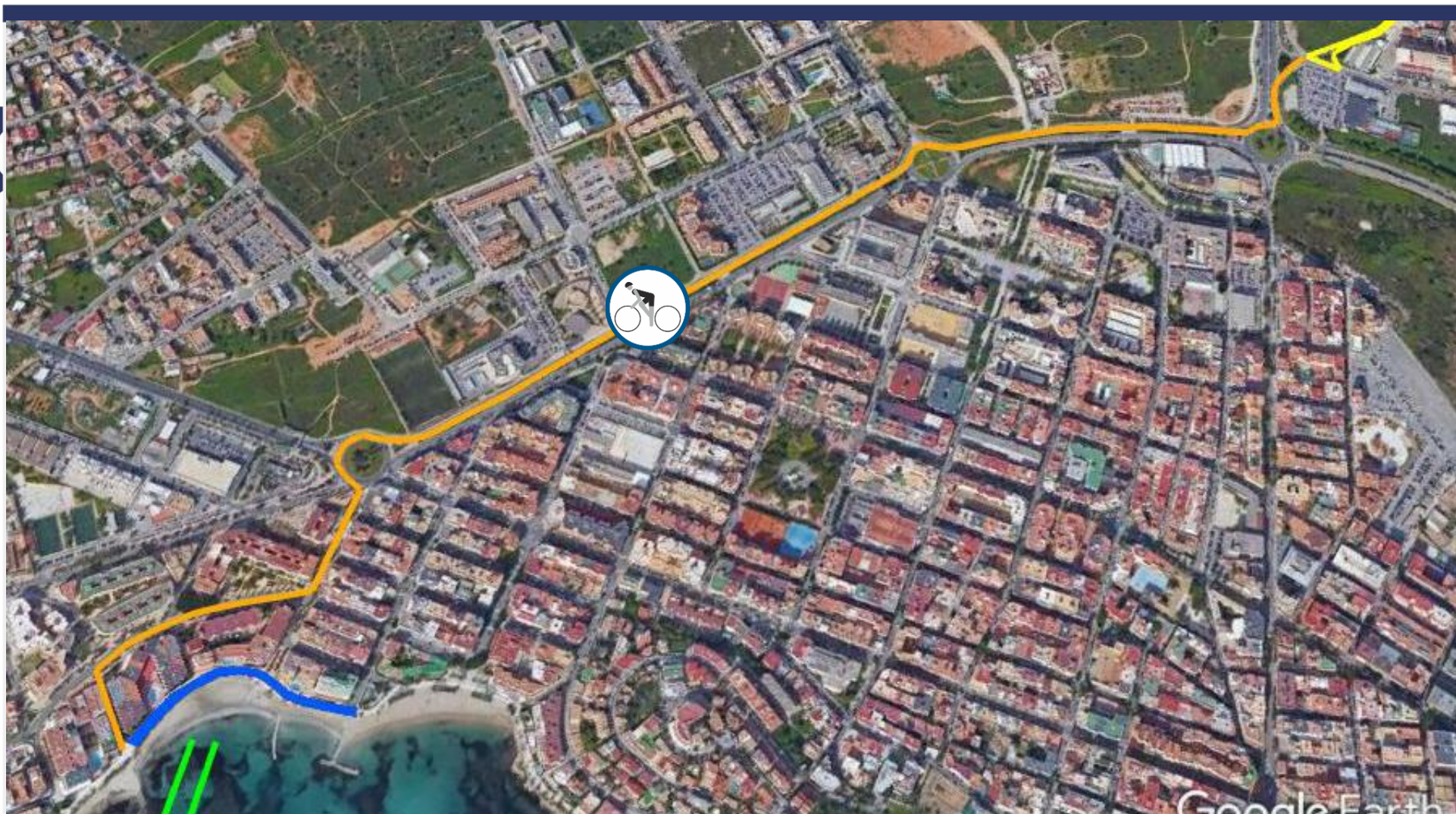
Banana



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# End of the bike

*1 lap x 2,2 km*



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# Transition 2





# Start of the run

*1 lap x 5 km*





# Run

3 laps x 5,4 km





# Aid Station



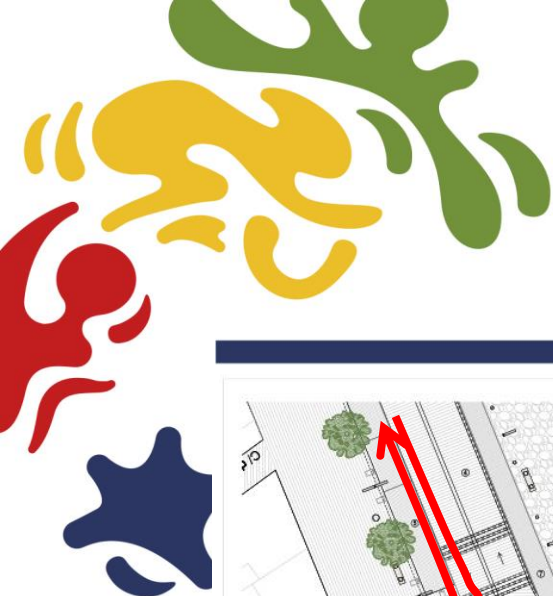
Water in 33ml  
bottle

Coke in a cup

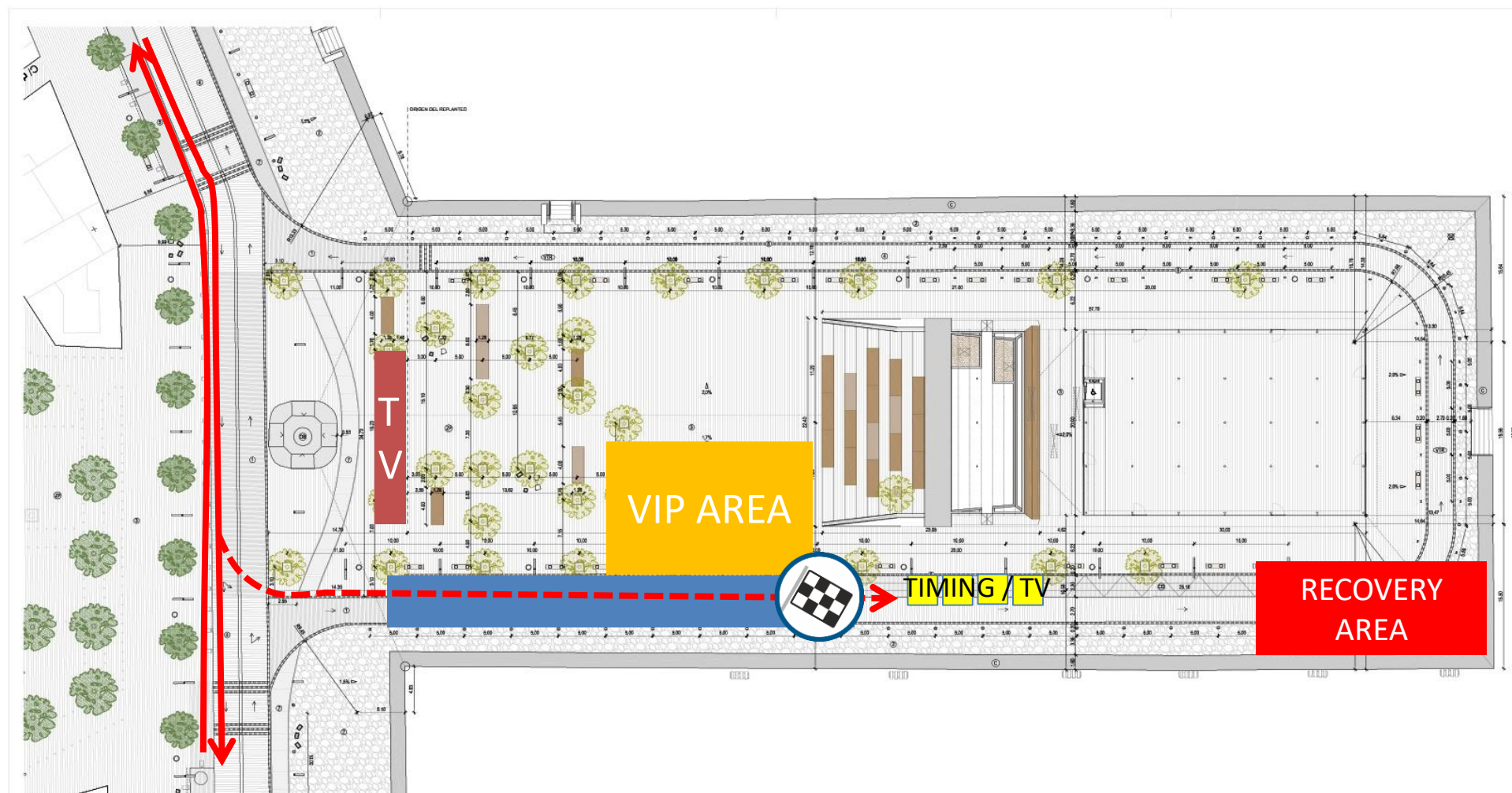
Gold Nutrition  
Gel

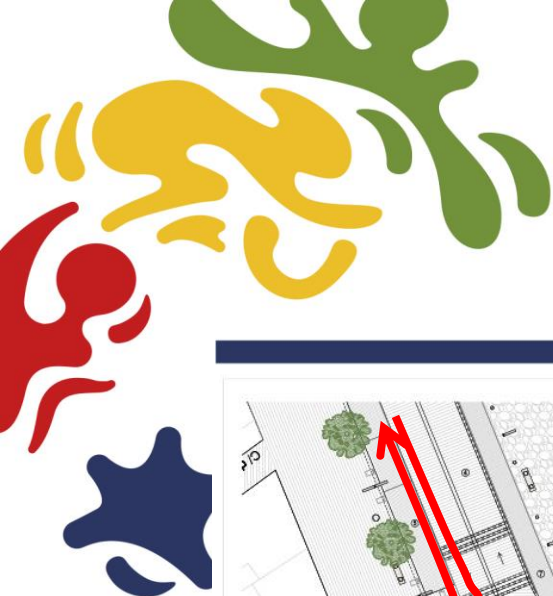
Gold Nutrition  
Bar

Banana and  
orange



# Laps of the run





# Finish

