



Swim 2 laps | 750 m  
Bike 8 laps | 39 km  
Run 4 laps | 5 km

1. Finish Area  
2. Transition

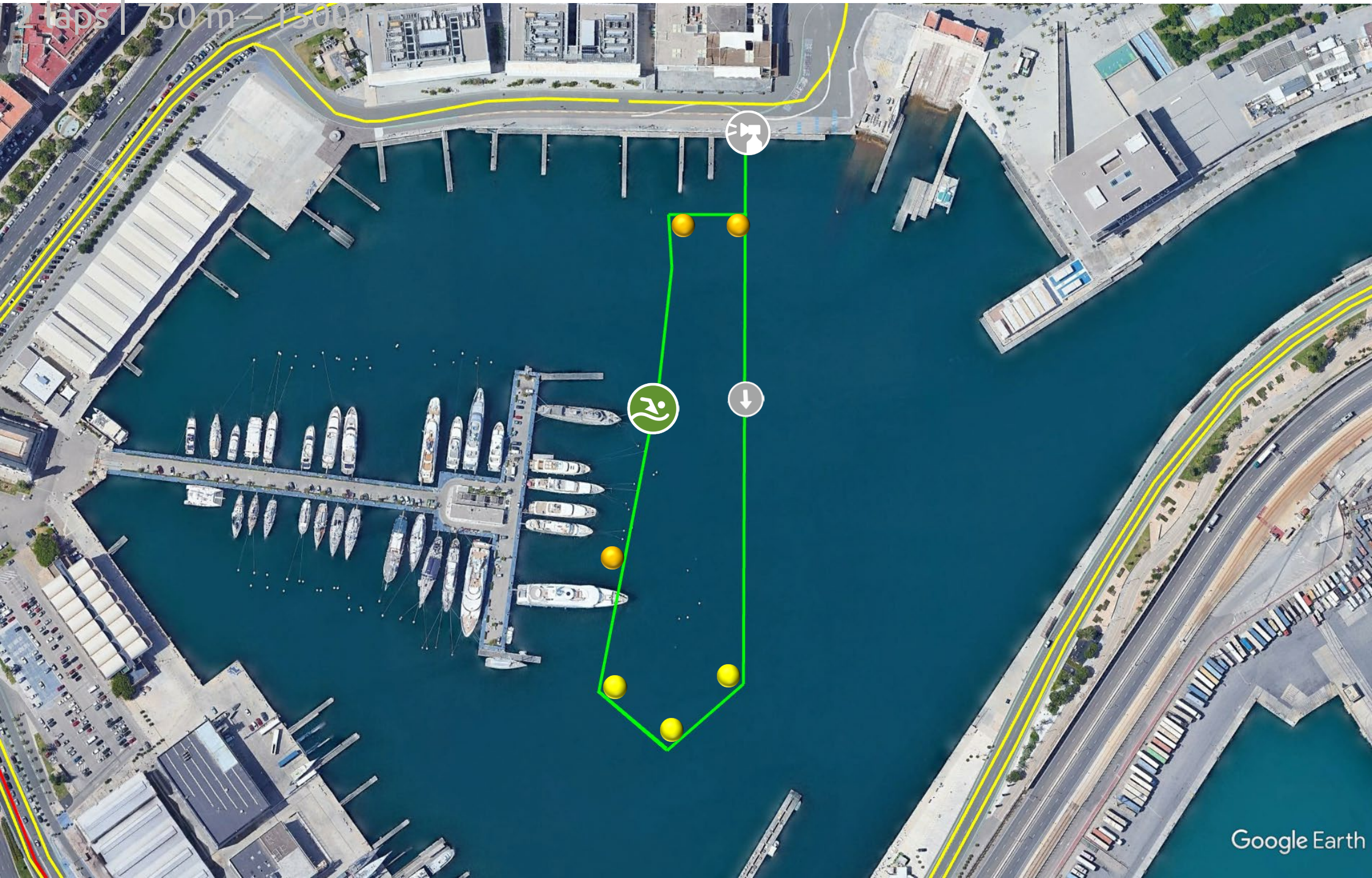
3. Recovery Àrea  
4. Starts  
5. Antidoping

6. Registration  
7. Medical service

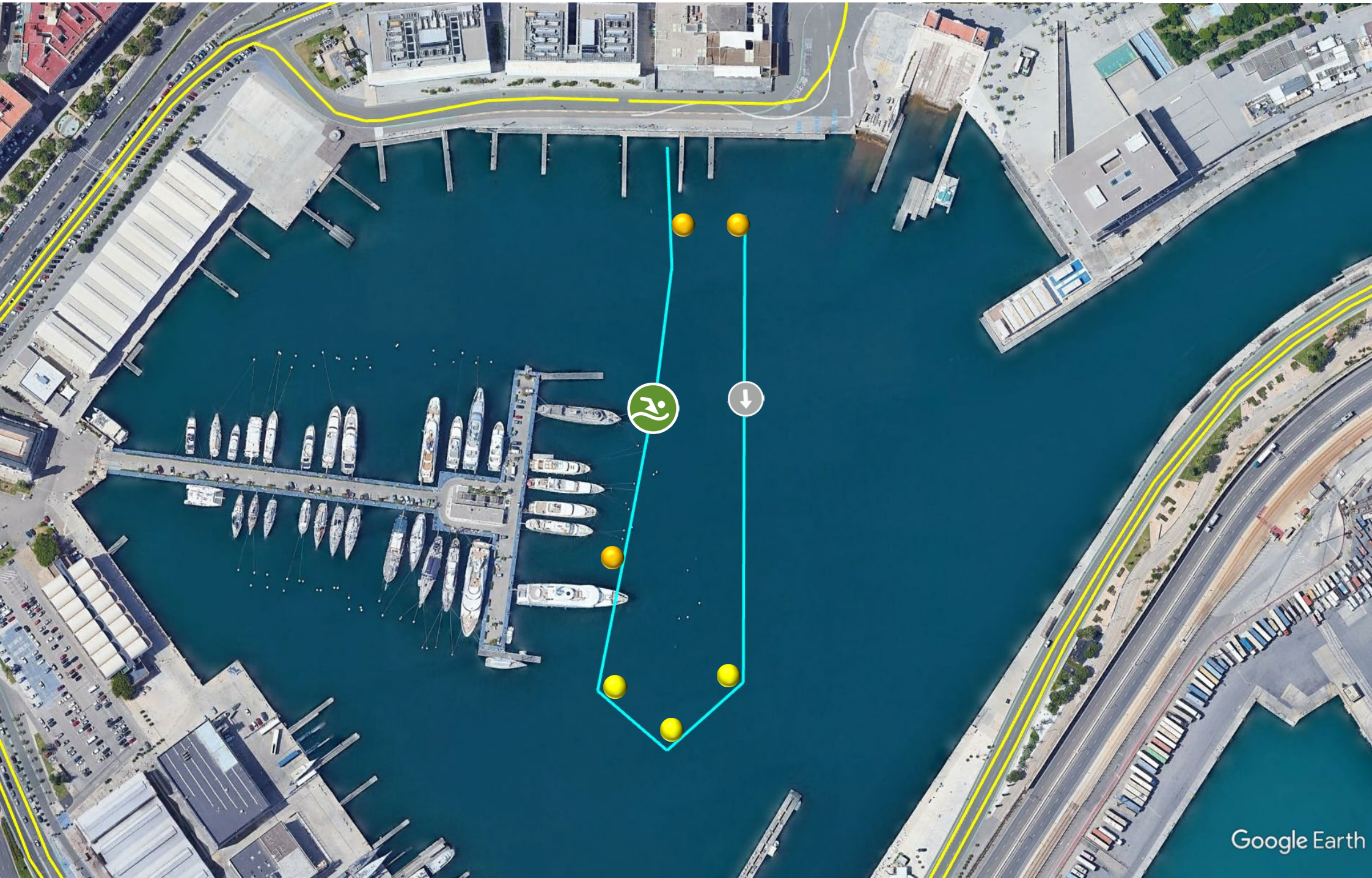


# SWIM | Lap 1 x 750 m

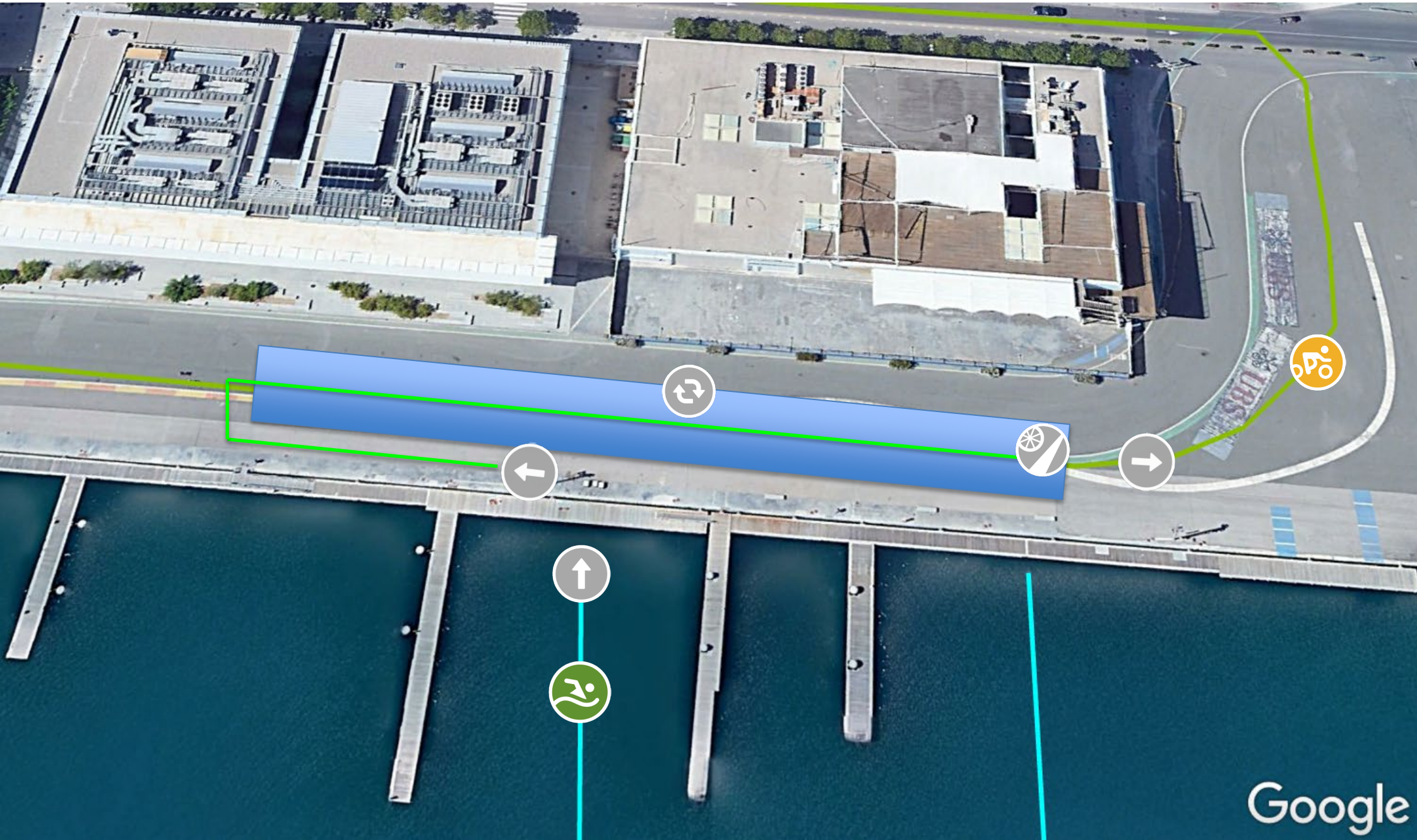
2 laps | 750 m = 1500



# SWIM | Lap 1 x 750 m



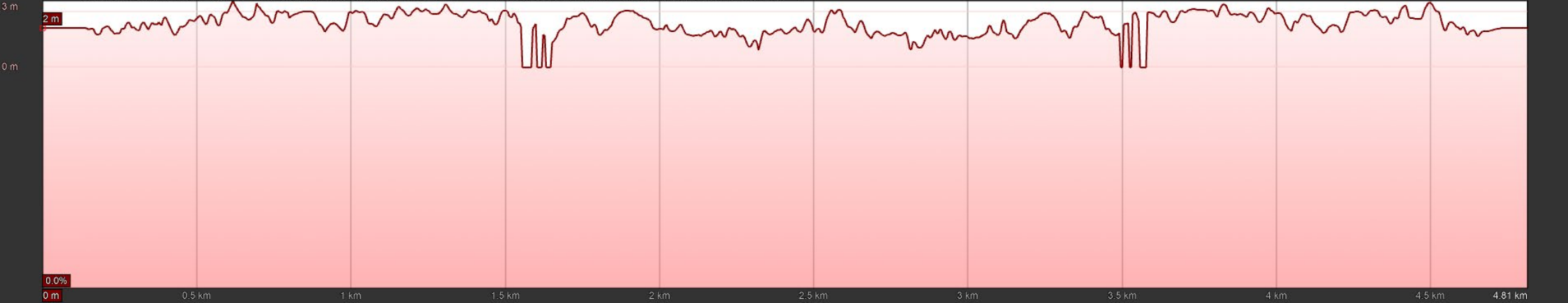
# TRANSITION 1



# BIKE | 8 Laps x 4,8 km

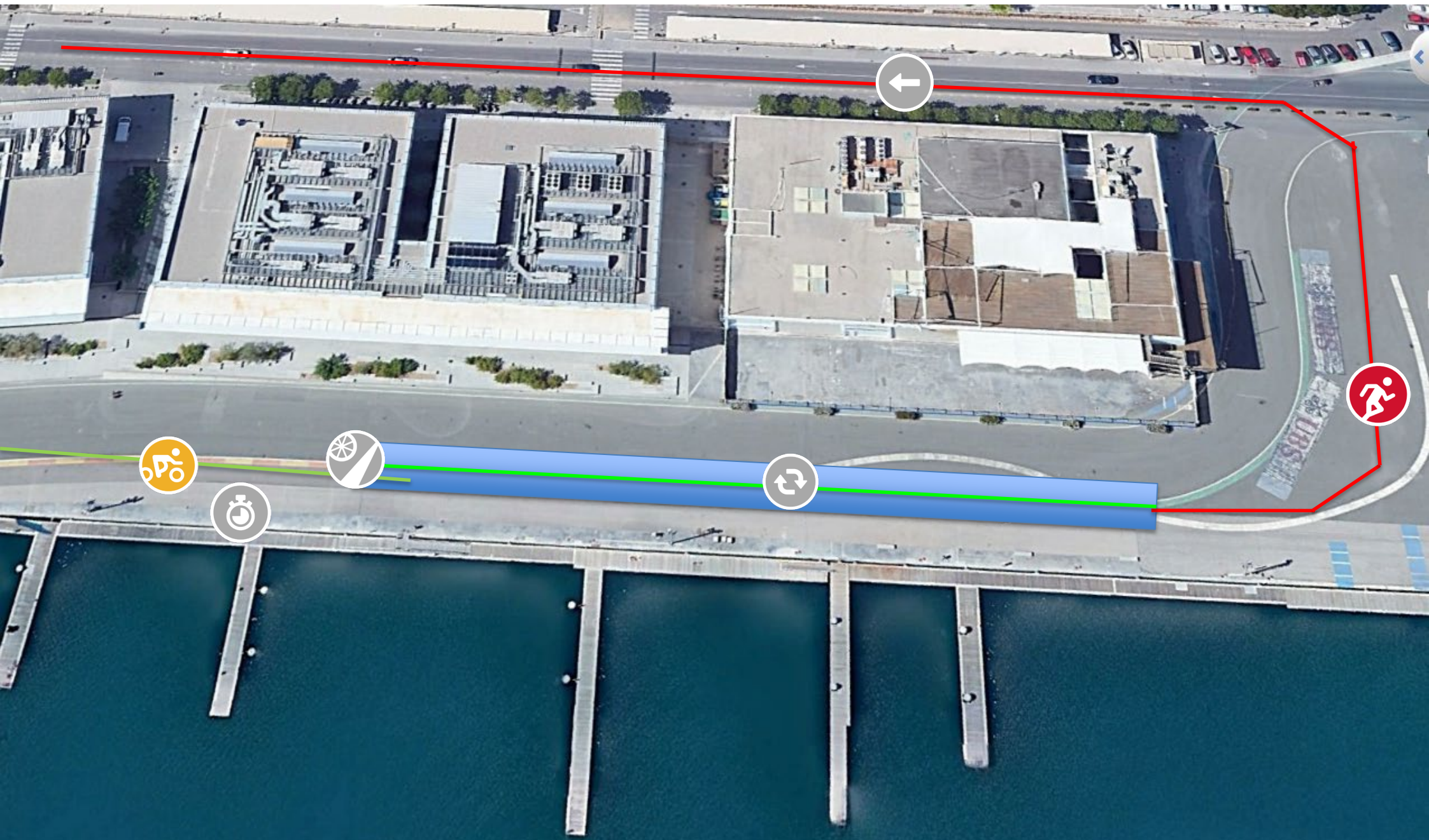


Gráfico: min., media, máx. Elevación: 0,2, 3 m  
Total de intervalo: Distancia: 4,81 km | Incremento/pérdida de elevación: 46 m, -46 m | Pendiente máxima: 12,6%, -12,6% | Pendiente media: 1,4%, -1,4%



# TRANSITION 2 | ÉLITE

T2



# RUN | 4 Laps x 2,5 km

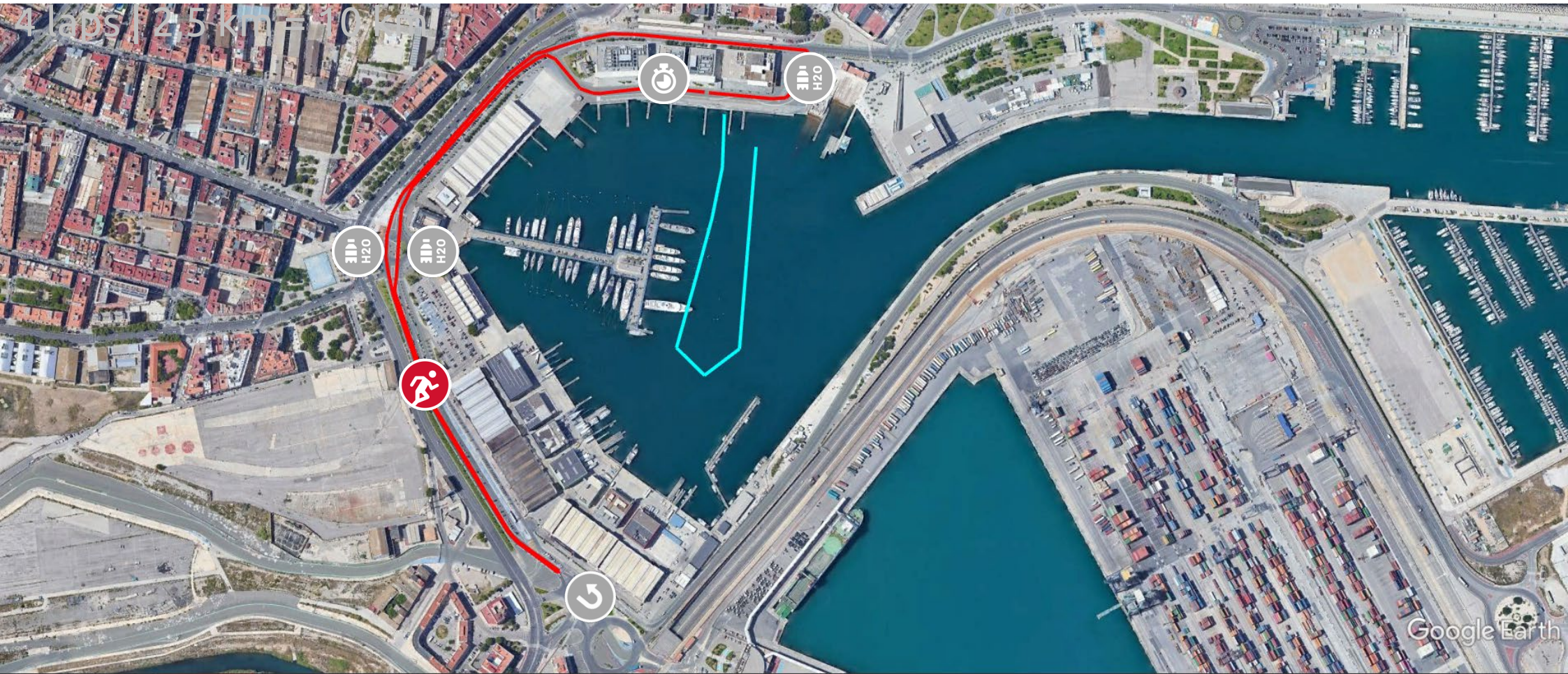
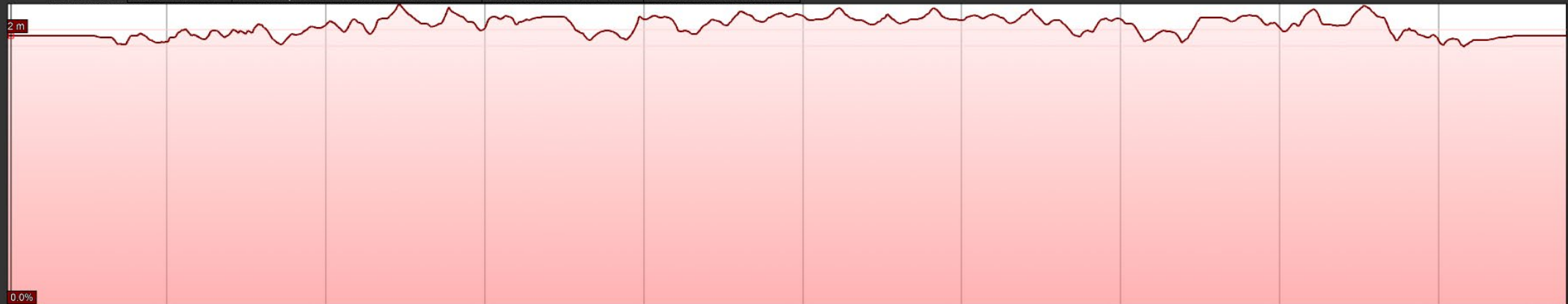


Gráfico: min., media, máx. Elevación: 1.2, 3 m  
Total de intervalo: Distancia: 2.45 km Incremento/pérdida de elevación: 18.1 m, -18.2 m Pendiente máxima: 6.0%, -5.7% Pendiente media: 1.2%, -1.3%

3 m  
2 m  
1 m



0.0% 5.44 m 0.25 km 0.5 km 0.75 km 1 km 1.25 km 1.5 km 1.75 km 2 km 2.25 km 2.45 km