









# 2023 World Triathlon Cup Miyazaki Course Elite

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|---|------------------|---|
|  Swim Course 1st lap | 715m             |  Aid Station     |
|  Swim Course 2nd lap | 785m             |  Transition Area |
|  Bike Course         | 40km(5km 8LAP)   |  Penalty Box     |
|  Run Course          | 10km(2.5km 4LAP) |  Wheel Station   |

