

# 2024 Africa Triathlon Championships Hurghada

19 : 21 April 2024



**Super Sprint Duathlon**  
Run 1 Laps 2.5 K  
Bike 2 Laps 10 K  
Run 1 Laps 1.2 K





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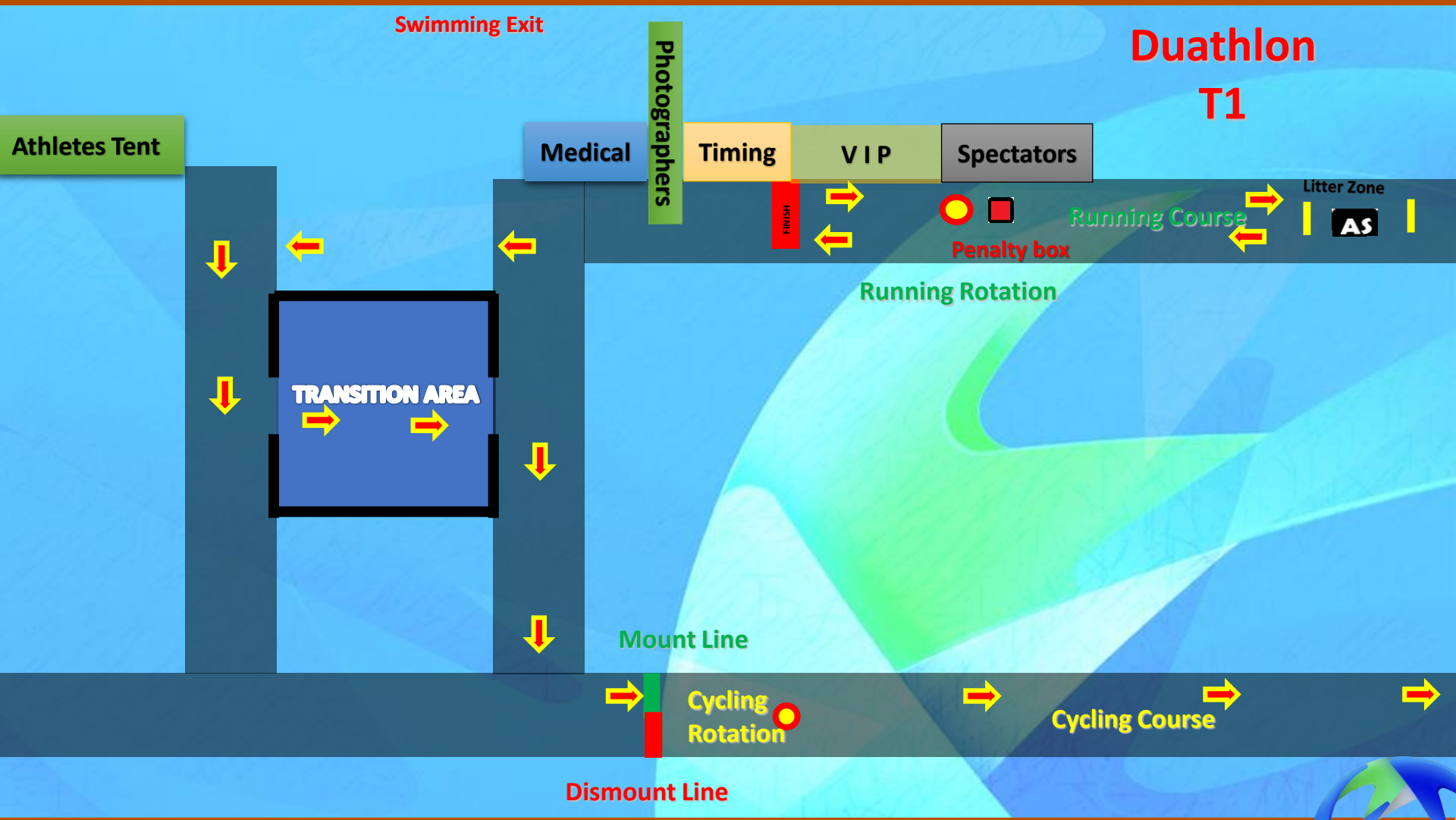


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**Run 1 Laps 2.5 K**



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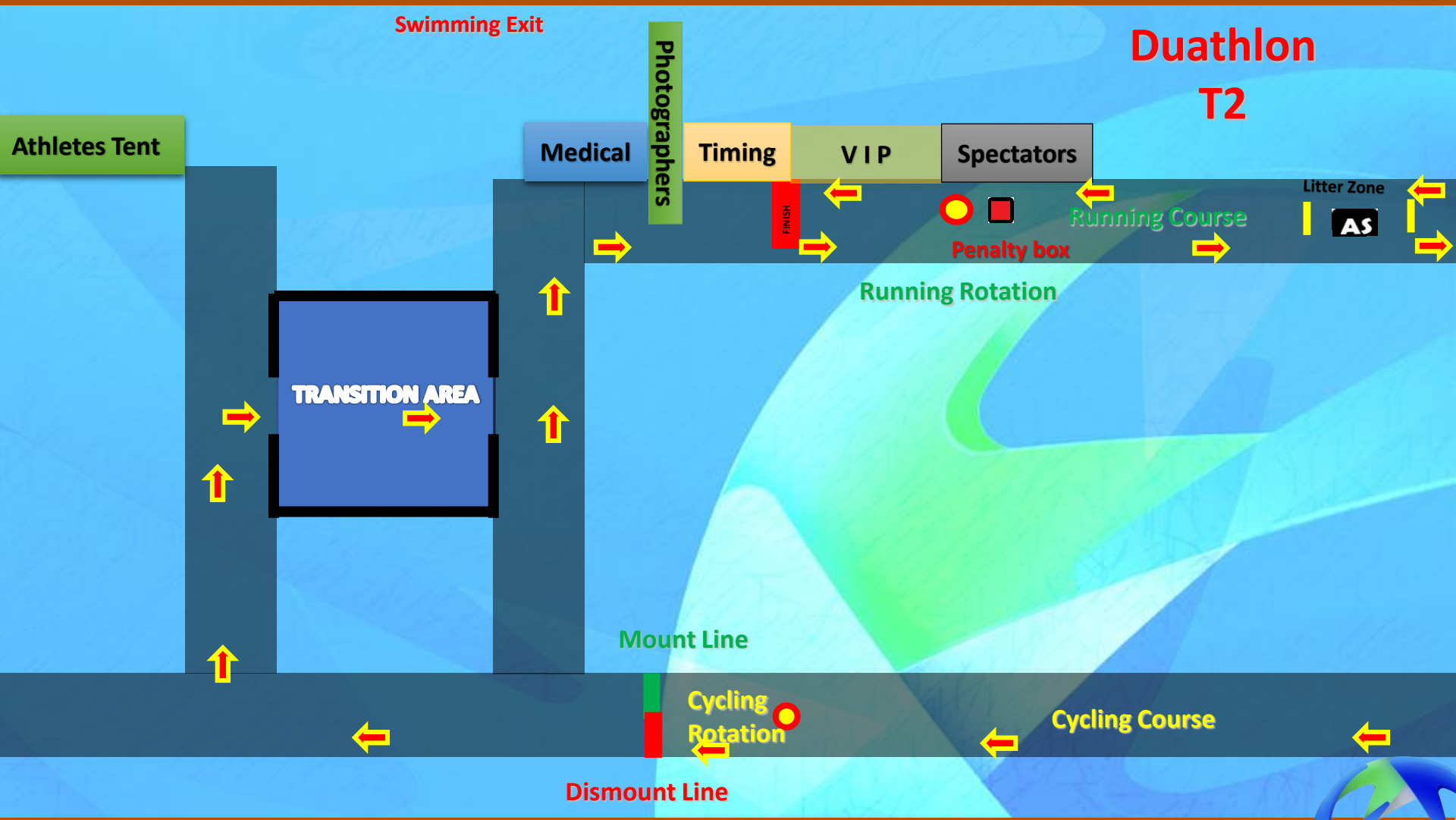


Super Sprint Duathlon  
Bike 2 Laps 10 K



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**Super Sprint Duathlon**  
**Run 1 Laps 1.2 K**




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### Super Sprint Duathlon



**Thursday,  
April 18, 2024**

<b>Registration</b>	<b>17:00 - 18:30</b>
<b>Athlete Briefing</b>	<b>18:45 - 19:00</b>
<b>Race Pack Collection &amp; Uniform</b>	<b>19:00 - 21:00</b>



**Friday,  
April 19, 2024**

<b>Bike Check in</b>	<b>13:30– 13:55</b>
<b>Transition Area Open</b>	<b>13:30</b>
<b>Warm up Open</b>	<b>13:40</b>
<b>Warm up Close</b>	<b>13:50</b>
<b>Transition Area Close</b>	<b>13:55</b>
<b>Super Sprint Duathlon U17-U15-U13 Men START</b>	<b>14:00</b>
<b>Super Sprint Duathlon Age-Group Men START</b>	<b>14:02</b>
<b>Super Sprint Duathlon U17-U15-U13 Women START</b>	<b>14:05</b>
<b>Super Sprint Duathlon Age-Group Women START</b>	<b>14:07</b>
<b>Medal Ceremony</b>	<b>15:15</b>

