

Swim Course Sprint – Elite & Junior – 750m – 1 lap Anti-clockwise



Cycle Course Sprint – Elite & Junior - 20km – 4x 5km Laps



Graph: Min, Avg, Max Elevation: 0, 8, 29 m
Range Totals: Distance: 5 km Elev Gain/Loss: 112 m, -112 m Max Slope: 33.6%, -24.7% Avg Slope: 2.9%, -5.0%



Run Course Elite & Junior – 5km – 2 laps of 2.5km

