

**2013 Holten ITU Triathlon Sprint Premium Cup**  
**Course layout**

**Start Elite women: 12:15**  
**Start Elite men: 12:40**

- swim (750 m, 1 laps)
- bike (20 km, 2 laps)
- run (5 km, 2 laps)

T1 TA 1   T2 TA 2   F finish

+ first aid   P parking   B bus stop

public shuttle

railway

motorway

forest

heathland

urban area

