

2017 Osaka-Castle NTT ASTC Sprint Triathlon Asian Cup Elite & Age Group Course

- S START
- T Transition Area
- F FINISH LINE
- T Age Group Transition Area



Elite, Sprint and Relay Team

Total Distance 25.75km

- SWIM 750m (1 Lap)
- BIKE 20km (4000m × 5 Lap)
- RUN 5km (850m + (1700m × 2 Lap) + 750m)
- RUN Start → A → C → A → Finish

Standard Distance

Total Distance 51.5km

- SWIM 1500m (750m × 2 Lap)
- BIKE 40km (4000m × 10 Lap)
- RUN 10km (710m + (2200m × 4 Lap) + 490m)
- RUN Start → A → B → A → B → A → B → A → Finish