October 11th 2020

SWIM
250 m
1 lap

BIKE
6 750 m
1 lap

RUN
1 700 m
1 lap

TRIATHLON** MIXED RELAY CLUB
EUROPEAN CHAMPIONSHIPS
ALHANDRA 2020
ETU
COURSES:

- **Swim**: 250m, 1x
- **Bike**: 6750m, 1x
- **Run**: 1700m, 1x

**ALHANDRA 2020**

- **Start**
- **Race Office**
- **Recovery Zone**
- **Relay Zone**
- **Transition**
- **Finish**

**COURSES**:

- **Swim**: 250m, 1x
- **Bike**: 6750m, 1x
- **Run**: 1700m, 1x
Distances:

- Swim: 1 lap of 250m

Alhandra 2020

Start

Transition

Swim Exit

Tagus River
DISTANCES:

Swim 
Bike

1x 6750 m

BIKE 6750 m
1 lap

Mount Line

Transition

Swim Exit
DISTANCES:

- Bike: 1 lap, 6750 m

Wheel Station

Mount Line

Transition

ALHANDRA
DISTANCES:

1st Return Point

ALHANDRA

Transition

Finish

Wheel Station

2nd Return Point

BIKE 6,750 m 1 lap

1x 6,750 m

Bike
DISTANCES:

- Bike: 1x 6750m

Transition

Transition

Dismount Line

ALHANDRA

DISTANCES:

- Bike: 6750m
- 1 lap
DISTANCES:

- Run: 1x 1700m