





SWIM
750 m
1 lap



BIKE
490m access
3 laps of 6,200m
470m access



RUN
5 000 m
2 laps



Alhandra
2022



September 4th 2022



750m
1x



490m access
3 laps of 6,200m
470m access



5000m
2x

ALHANDRA

Parking P

Parking P

Finish



Transition

Tagus River

200 m



COURSES:

Swim 750m 1x

Bike 490m access
3 laps of 6,200m
470m access

Run 5000m 2x



ALHANDRA

Transition

Finish

Recovery Zone

Start

Race Office

Tagus River

40 m





750 m
1 lap



ALHANDRA

Start

Transition

Swim Exit

SWIM
750 m
1 lap

Tagus River

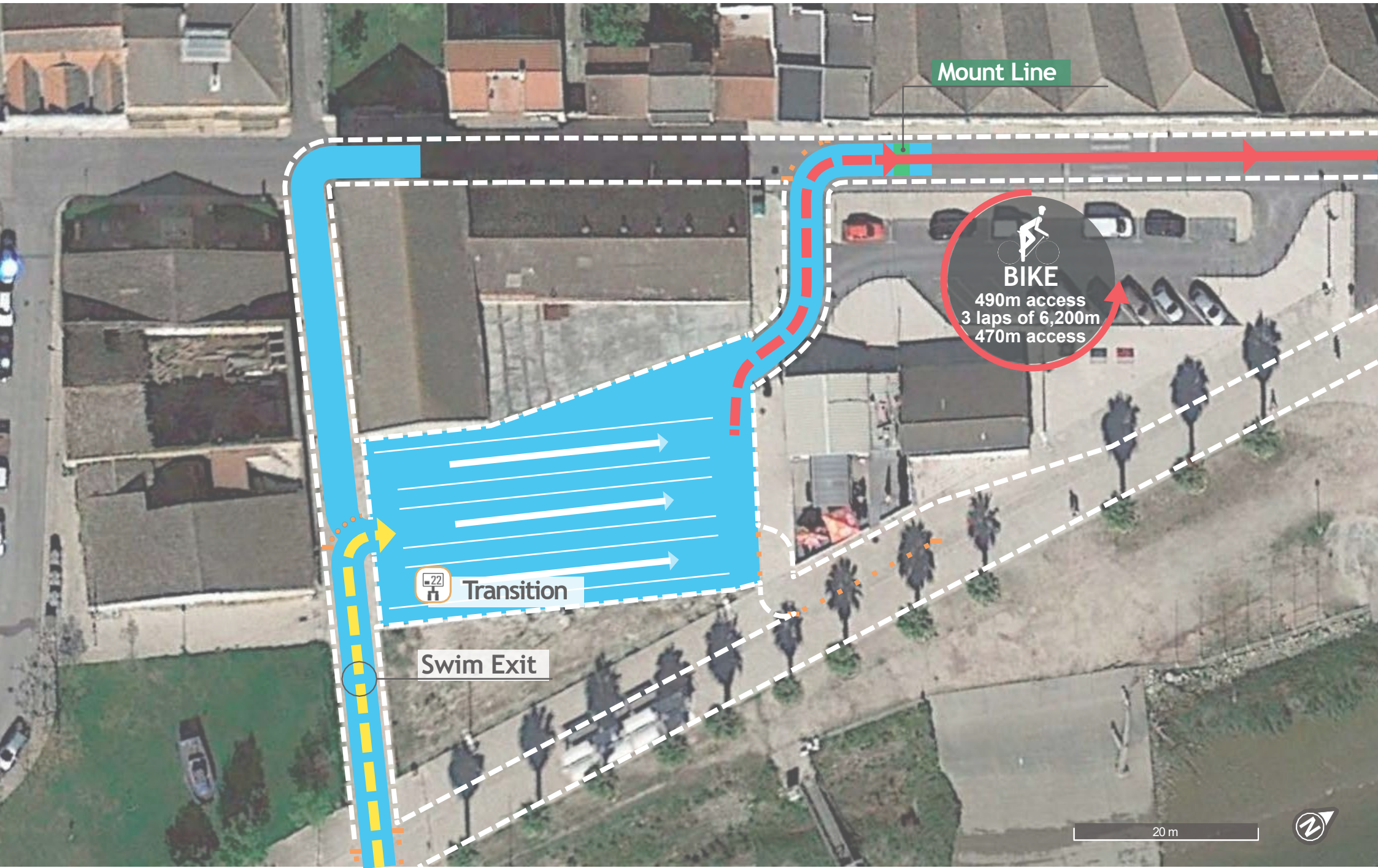
100 m



DISTANCES:



490m access
3 laps of 6,200m
470m access



Mount Line


BIKE
490m access
3 laps of 6,200m
470m access

 Transition

Swim Exit

20 m





490m access
3 laps of 6,200m
470m access

Wheel Station


BIKE
490m access
3 laps of 6,200m
470m access

ALHANDRA

Mount Line

221 Transition

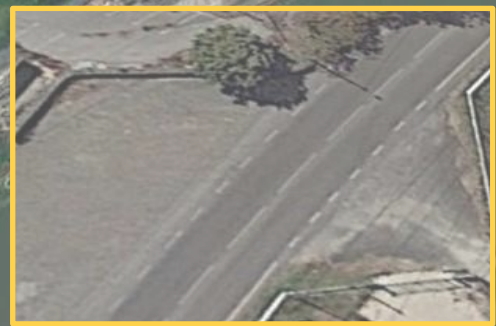
100 m



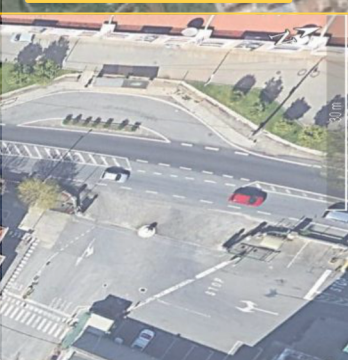


BIKE
490m access
3 laps of 6,200m
470m access

1st Return Point



2nd Return Point



Transition

Meta

900 m





Transition


BIKE
490m access
3 laps of 6,200m
470m access

Dismount Line

 Transition

100 m





5000m



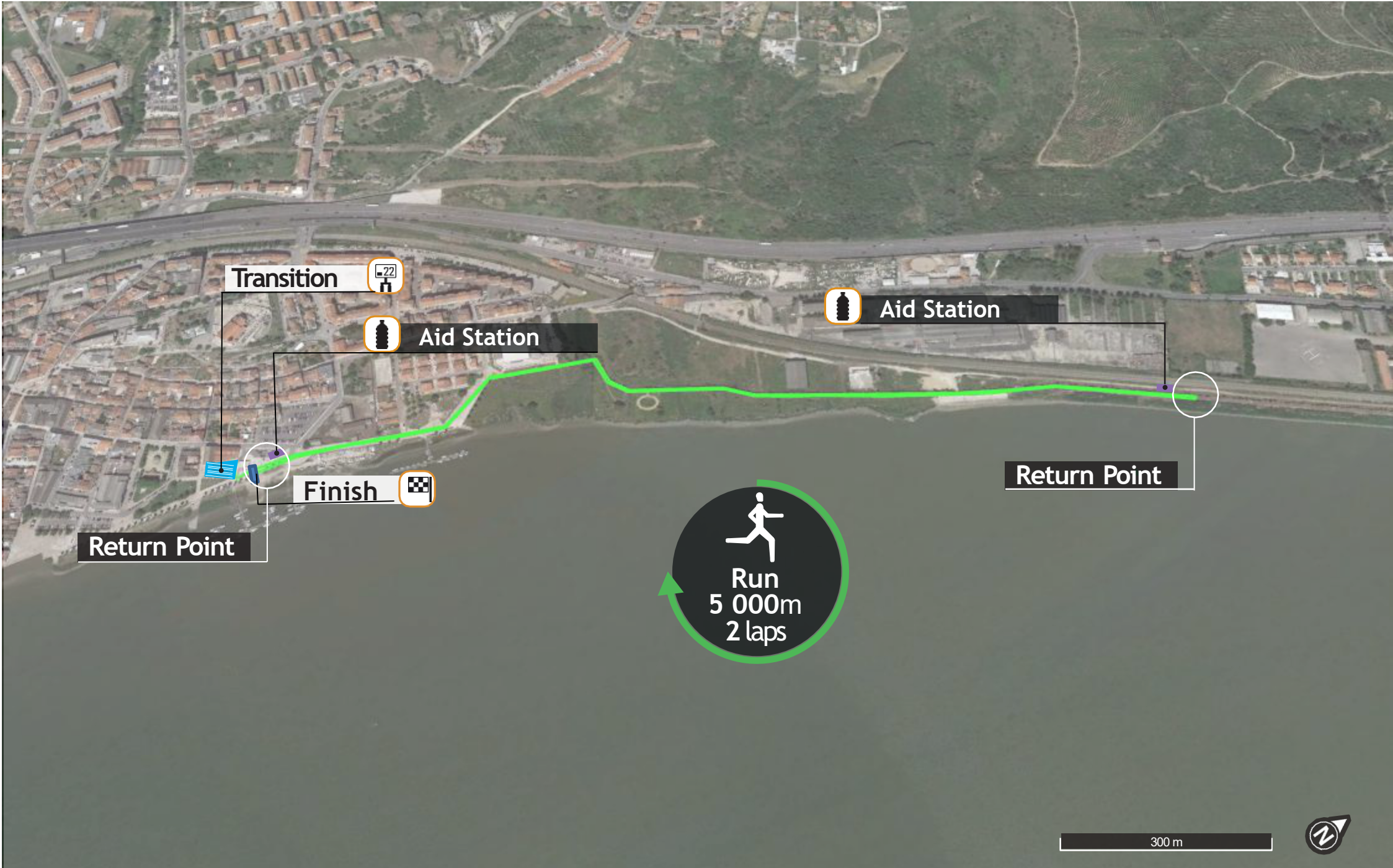

BIKE
490m access
3 laps of 6,200m
470m access

 **Transition**


RUN
5 000 m
2 laps

20 m





Transition

Aid Station

Aid Station

Finish

Return Point

Return Point

Run
5 000m
2 laps

