Age Group Standard
Sunday August 23, 2020

SWIM COURSE: 1500 m
Lap: 750 m – 2 Laps

BIKE COURSE: 37 km
Lap: 18.5 km – 2 Laps

RUN COURSE: 10 km
Lap: 5 km – 2 Laps

Graph: Min, Avg, Max
Elevations: 615m, 648m, 676m

2.5km 5km 7.5km 10km 12.5km 15km 18.2km
Age Group Transition
Sprint: Friday, August 21, 2020
Standard: Sunday, August 23, 2020