

Aquathlon Course Description

SWIM COURSE. 1 lap / 1km

1. Water start on the left side of Middelfart Marina, just next to Lystbådehavnen (on the right-hand side)
2. Right turn at the buoy located by the end of Lystbådehaven. Approximately 450m
3. Right turn at the next buoy
4. Swim straight through Middelfart Marina
5. Exit the water at Middelfart Marina boat ramp
6. Turn left and then turn right to enter Transition area

RUN COURSE: 1 lap / 5km

1. Exit Transition and turn left onto Østre Hougvej
2. Keep on Østre Hougvej
3. Turn right on Vestre Hougvej
4. Turn right on Grønlandsvej
5. Turn left on Irisvej
6. Turn left on Islandsvej
7. Turn right on Vestre Hougvej
8. Turn right on Finlandsvej
9. Turn right on Norgesvej
10. Turn left on Sverigesvej
11. Turn right on Østre Hougvej
12. Turn right towards Middelfart Marina
13. Turn left back on Østre Hougvej
14. Turn right to keep on Østre Hougvej
15. Turn point 180 degrees and run back on Østre Hougvej
16. Turn left same way back towards Middelfart Marina
17. Turn left on Lystbådehavnen towards the finish line stretch