

# Long Distance Triathlon Course Description

## SWIM COURSE. 1 lap / 3km

1. Water start on the left side of Byens Ø
2. Swim north parallel to Tysklandkaj
3. Slight right turn at the buoy, following swim course
4. Left turn at the buoy to enter the canal section parallel to Kanalvej
5. Continue through canal section with slight left turn
6. Continue through canal section and reach turn around point (two left turns around buoys) just after passing Odense Rowing Club on your left
7. Swim back south through the canal section
8. Continue through canal section with slight left turn at the next buoy
9. Continue through canal section and turn right at the next buoy
10. Follow the course straight to the next buoy and turn slightly left
11. Reach the last buoy, turn left and head to swim exit and T1 on Byens Ø

## BIKE COURSE. 2 laps / 117km

1. From T1, mount your bike at the bike mounting line on Finlandskaj
2. Continue riding South on Finlandskaj
3. Turn left on Londongade
4. Turn left on Havnegade
5. Ride North on Havnegade
6. Turn right on Malmøgade  
OBS. Please be aware if your race is a later wave start to take care on this turn as you may merge together with returning athletes starting their second lap of the bike
7. Turn left on Tolderlundsvej
8. Turn right onto Helsingborggade
1. Keep on Windelsvej
2. Turn left on Victoriagade
3. Turn left onto Gøteborggade
4. Turn right onto Tolderlundsvej
5. Keep on Tolderlundsvej
6. Keep on Havnegade with a slight right turn
7. Turn right on Ejbygade
8. Turn right on Odins Bro (Road O2)
9. Keep on Odins Bro (Road O2) and ride over Odins Bro bridge
10. Turn right on Otterupvej (Road 162)
11. Keep on Slettensvej heading North (Road 162)
12. Continue North on Søndergade (Road 162)
13. At the roundabout, take the second exit to keep on Søndergade (Road 162)
14. Continue onto Søndergade (Road 162) with a slight left through the town of Otterup
15. Keep on Nørregade (Road 162)
16. Keep on Norupvej, heading North West (Road 162)
17. At the next crossing continue right on Norupvej (Road 162)
18. Continue left onto Krogsbøllevej (Road 162)
19. Right turn to keep on Krogsbøllevej (Road 162)
20. Keep on Krogsbøllevej (Road 162) with some left and right turns
21. Turn left on Kørupvej
22. Continue South on Dalene

23. Turn right on Holemarken
24. Turn left to continue on Holemarken
25. Turn left on Uggerslevvej (Road 327)
26. Turn left on Marbækvej
27. Turn left on Hjadstrupvej
28. Keep on Kappendrup
29. Turn right on Emmelevvej
30. Keep right on Emmelevvej
31. Turn right on Brandsbyvej
32. Turn left on Hoesebækvej
33. Immediately turn right onto Bjerrumvej
34. Continue right on Bjerrumvej
35. Turn right on Nislevvej
36. Turn left on Fremmelev
37. Keep on Øster Lundevej
38. Keep on Højelundsvej
39. Turn left on Mosegyden
40. Turn right back onto Slettensvej (Road 162)
41. Keep on Otterupvej (Road 162)

OBS. There is a change of lanes to the left side of the road

42. Continue South on Otterupvej (Road 162)
43. Turn left on Odins Brø (Road O2)
44. Ride over Odins Brø bridge and keep on Odins Brø (Road O2)
45. Turn left on Ejbygade
46. Turn left on Havnegade
47. Keep on Tolderlundsvej
48. Turn right on Oslogade
49. Turn left on Havnegade
50. Turn left on Malmøgade

OBS. Please be aware if your race is on a early wave start you will be merging together with athletes who are starting the bike course after the swim

Start of Lap 2: Repeat the initial Lap 1 and follow course instructions from steps 7 to 50

End of lap 2:

51. Turn right on Tolderlundsvej
52. Turn left on Thomas B. Thriges Gade
53. Keep on Thomas B. Thriges Gade with a slight right turn
54. Ride into T2 at the covered Parking Garage. Odense P.Kælder

#### **RUN COURSE. 4 Laps / 30km**

1. Run out of T2 at the covered Parking Garage. Odense P.Kælder
1. Turn left on Nørregade
2. Turn right on Nyenstand
3. Keep on Sankt Hans Plads
4. Run around Kings Garden (with left turns) to start the 3-lap run course
5. Merge onto Jernbanegade
6. Run South on Jernbanegade
7. Turn left across Gråbrødre Kloster
8. Turn right on Lille Gråbrødrestræde
9. Turn left on Vestergade
10. Turn right across Flakhaven

11. Continue right on Flakhaven
  12. Turn right on Klingenberg
  13. Keep on Sankt Knuds Kirkestræde
  14. Keep on Mageløs
  15. Turn left on Holsedore
  16. Turn left on Filosofgangen
  17. Turn right on Klaregade
  18. Follow the path along the river Odense Ø
  19. Make a right turn to go over Odense Ø bridge
  20. Turn left immediately after
  21. Follow on the path besides Odense Ø
  22. Make a sharp left turn towards end of the path
  23. Turn left onto Langelinie
  24. Turn right on Kastanievej
  25. Turn right on Sadolinsgade
  26. Turn left on Munkevænget
  27. Turn left on Læssøgade
  28. Turn left on Jagtvej
  29. Turn right, after passing Lahns-gade, onto Odense Ø river path
  30. Keep left on the path
  31. Turn right on the intersection with Odense Ø bridge
  32. Continue left on the path
  33. Keep on straight at Munke Mose Allé
  34. Turn left on Hunderupvej
  35. Keep on Klaregade
  36. Turn right on Sankt Knuds Kirkestæde
  37. Keep on Klingenberg
  38. Turn left on Flakhaven
  39. Keep left on Flakhaven (in front of the City Hall)
  40. Turn left on Vestergade
  41. Turn right on Asylgade
  42. Keep North on Asylgade with a slight right and left turn
  43. Turn right on Slots-gade
  44. Turn left to continue back on Asylgade
  45. Keep on Nørregade
  46. Turn left on Nyenstand
  47. Keep on Sankt Hans Plads
  48. Run around Kings Garden (with left turns)
  49. Laps 2 and 3, repeat the initial lap 1, following course instructions from steps 5 to 48
- End of Lap 3:
50. From Step 48, turn left and run directly into Finish line stretch in the middle of Kings Garden