Run 10 km 4 laps
Bike 40 km 6 laps
Run 5 km 2 lap

DUATHLON
ELITE & U23
pontevedra2019.org

APRIL 27 Men start at 11.30 / Women start at 13.45

Run 4.2% 3.4% 2% 1.6% 1.22% 2.5% 3.8% 2.3% 1% 1% 4.2% 3.4% 2% 1.6% 1.22% 2.5% 3.8% 2.3% 1% 1% 5 km 4 laps
Bike 6.6 km 6 laps
Run 6.6 km 6 laps

0.6 km 4.5%

2.5 km 2 lap

0.6 km 4.5%

36 m

CGTD

Praza da Ferraría

O Burgo

Lérez

Médico Ballina

Médico Ballina

Start/Finish

Team wheel station

Neutral wheel station

Run penalty box

Transition zone

Aid Station

Run

Bike