

COURSE MAP

International Route

SWIM - 1.5KM/0.9Mi
Bike - (2 Laps) 40KM/24.8Mi
Run - 10km/6.2Mi

Sprint Route

Swim - 0.4KM/0.25Mi
Bike - 21KM/13Mi
Run - 5Km/3.1Mi

Swim Bouys



Ferry Route



Bike



Run



Swim

