



Duathlon & Triathlon - Run Route

Short / Sprint (2 Laps) - 5.75Km. Long / Standard (4 Laps) - 11.5Km.

Strava Link to Run course

https://www.strava.com/segments/28227614?invite=true&fbclid=IwAR2vte6rYi1OMIAFDIDmzPBy1HDT9IOQyJh4f62cK_cdkRFIaUlpAIQ-vC4&branch_match_id=863350585907583226