

Taranaki Triathlon Club



www.tritaranaki.nz



TRIATHLON

Short

350m swim (1 lap)
10km bike (1 lap)
2.5km run (1 lap)

Sprint

700m swim (2 laps)
20km bike (2 laps)
5km run (2 laps)

Long

1050m swim (3 laps)
30km bike (3 laps)
5km run (3 laps)

DUATHLON

Short

1km run (1 short lap)
10km bike (1 lap)
2.5km run (1 lap)

Sprint

2.5km run (1 lap)
20km bike (2 laps)
5km run (2 laps)

Long

3.5km run (1.5 laps)
30km bike (3 laps)
5km run (3 laps)