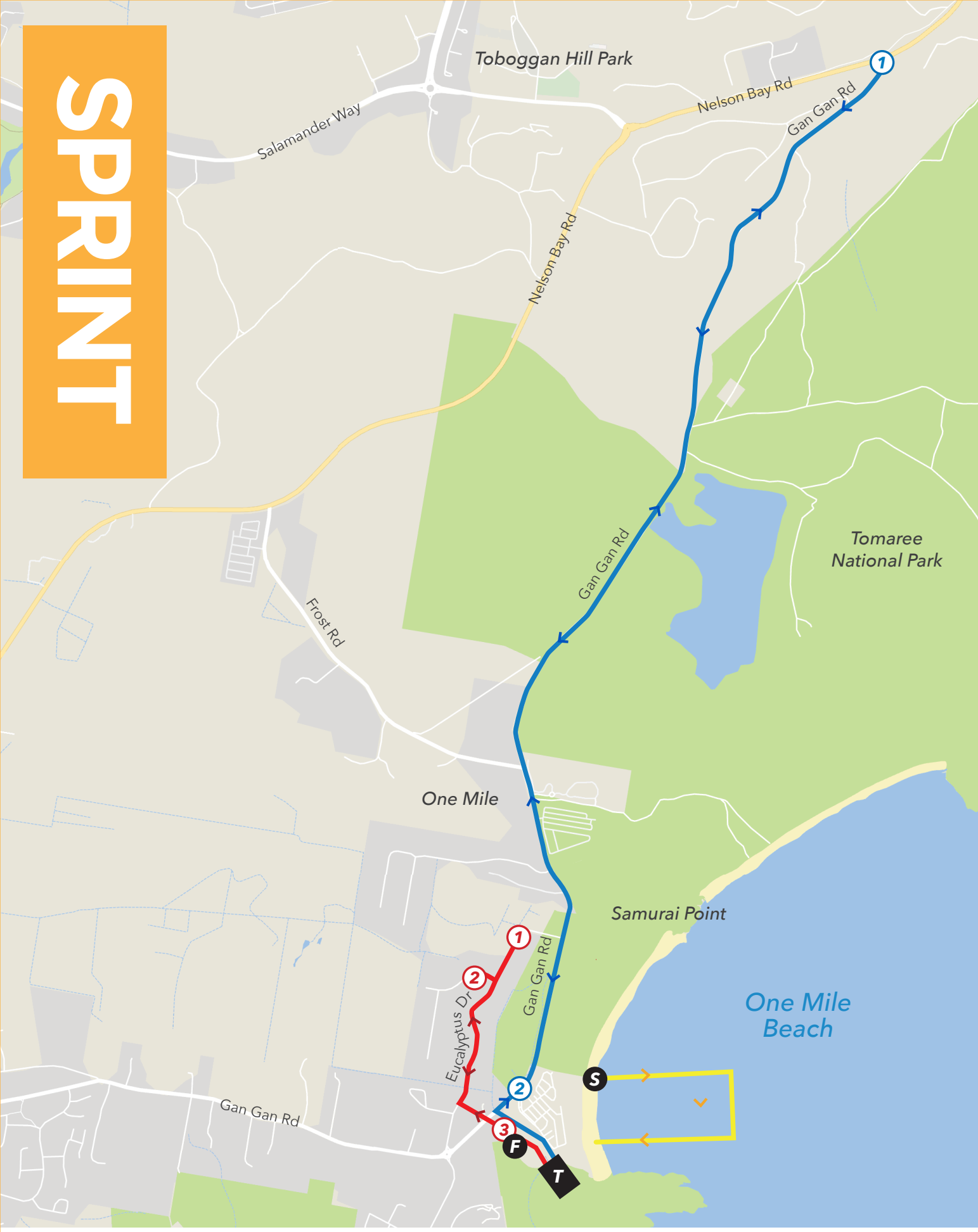


# SPRINT



- S** START
- F** FINISH
- T** TRANSITION
- 1** BIKE TURN
- 1** RUN TURN

- SWIM 750M
- BIKE 20KM (2 LAPS)
- RUN 5KM (2 LAPS)