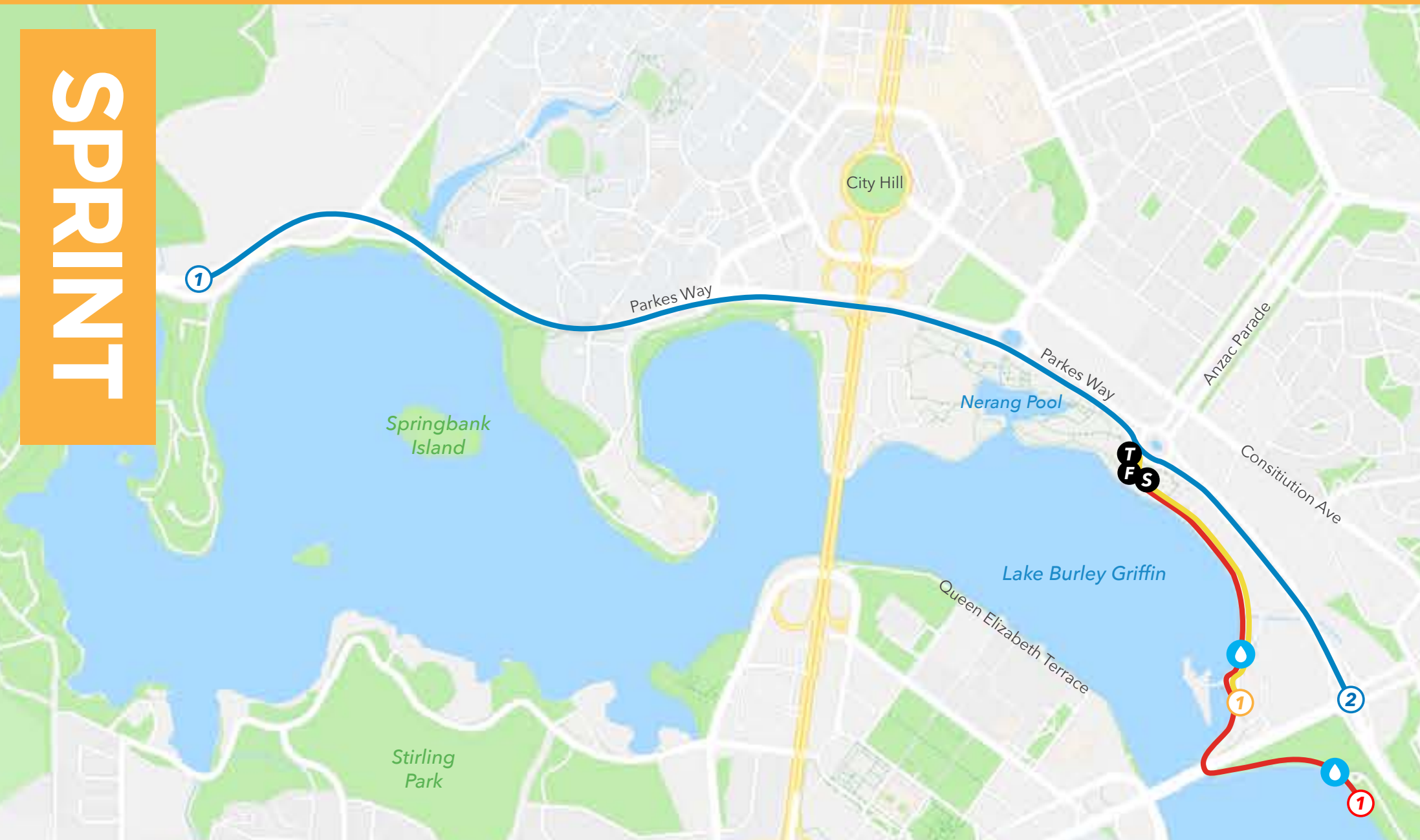


SPRINT



Canberra Duathlon

- S** START
- F** FINISH
- T** TRANSITION

- 1** RUN TURN
- 1** BIKE TURN
- 1** RUN TURN

- AID STATION

- RUN 1 - 5KM**
- BIKE - 20KM (2LAPS)**
- RUN 2 - 2.5KM**