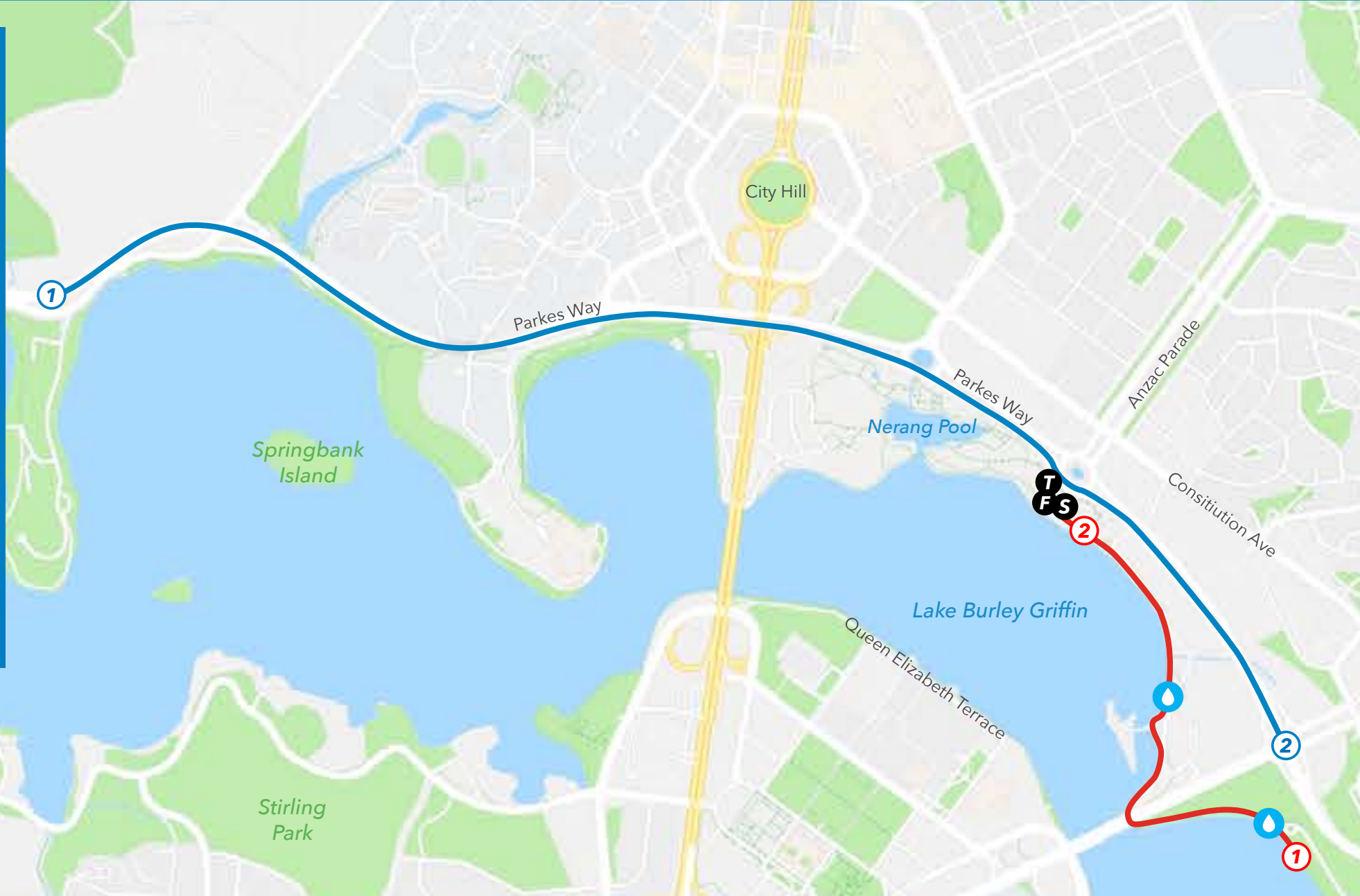


STANDARD



Canberra Duathlon

S START

F FINISH

T TRANSITION

1 BIKE TURN

1 RUN TURN

1 AID STATION

RUN 1 - 10KM (2LAPS)

BIKE 40KM (4LAPS)

RUN 2 - 5KM