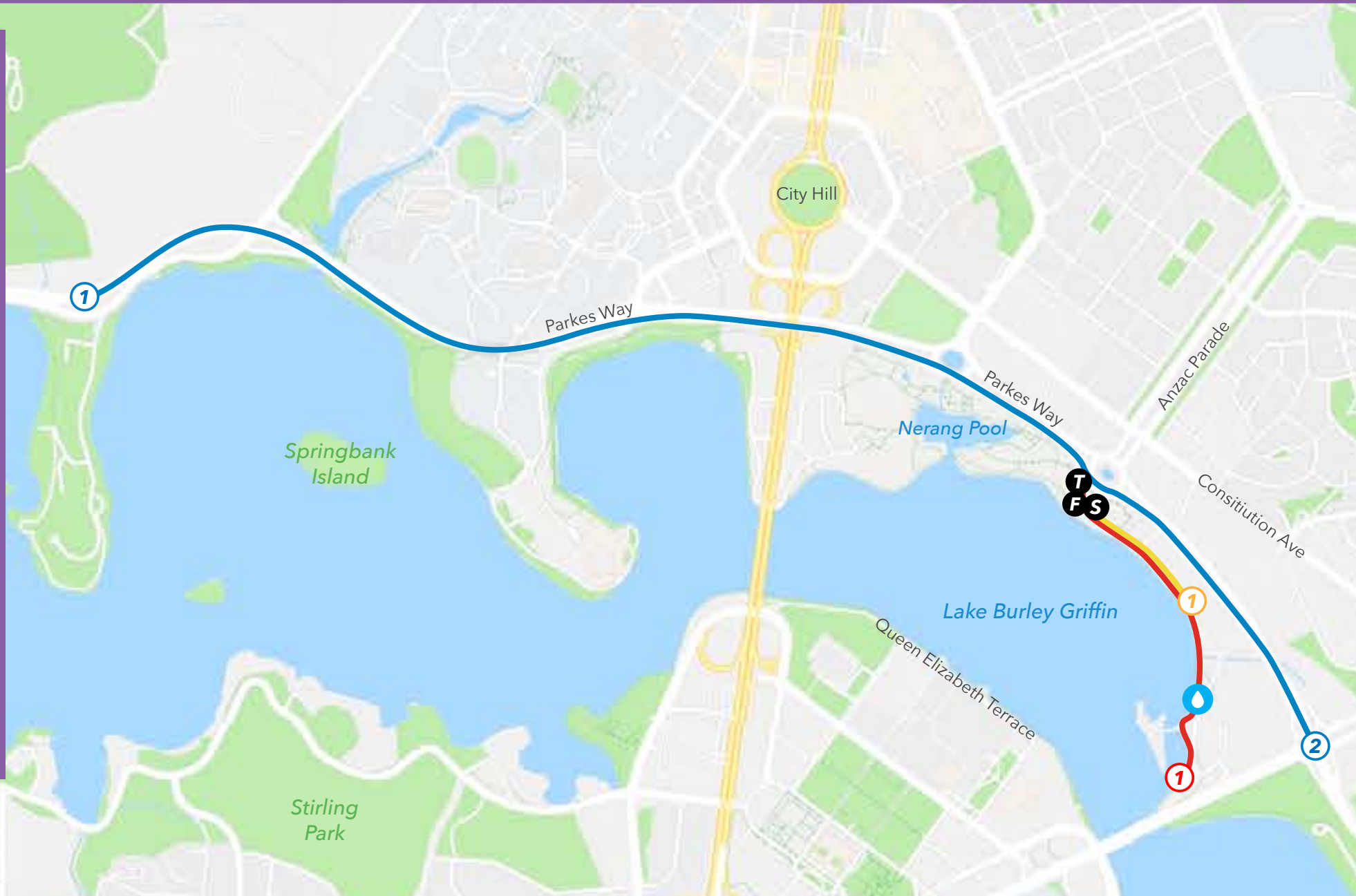


# SUPER SPRINT



## Canberra Duathlon

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

- RUN 1 - 2KM
- BIKE - 10KM
- RUN 2 - 1KM