

SUPER SPRINT DUATHLON TIME TRIAL (Non-Draft)

Thursday
June 6, 2024

**RUN 1
COURSE**
1k

**BIKE
COURSE**
5k
(1 lap)

**RUN 2
COURSE**
1k

KEY

- RUN COURSE
- - - RUN IN
- BIKE COURSE
- - - BIKE IN/OUT
- RUN 2 COURSE
- - - RUN 2 OUT
- ★ RACE FINISH
- D BIKE DISMOUNT
- M BIKE MOUNT
- G ENDURANCE AID-STATION
- ! PENALTY BOX

BIKE ELEVATION



*Minimal elevation change on run course

