

STANDARD DUATHLON (Non-Draft)

Friday
June 7, 2024

RUN 1 COURSE
10k

BIKE COURSE
40k
(2 laps)

RUN 2 COURSE
5k

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

