

DUATHLON

CITY OF ARMADALE

18 FEBRAURY 2018

R1 → **RUN Course**
5KM - 1 lap



B → **BIKE Course**
20KM - 3 laps

R2 → **RUN Course**
2.5KM - 1 lap

RUN Leg Turn 2

RUN Leg Turn 1

LAP POINT



- FA** First Aid
- RG** Registraton
- BA** Briefing Area
- W** Water Station
- T** Transition Area
- PS** Presentation Stage

