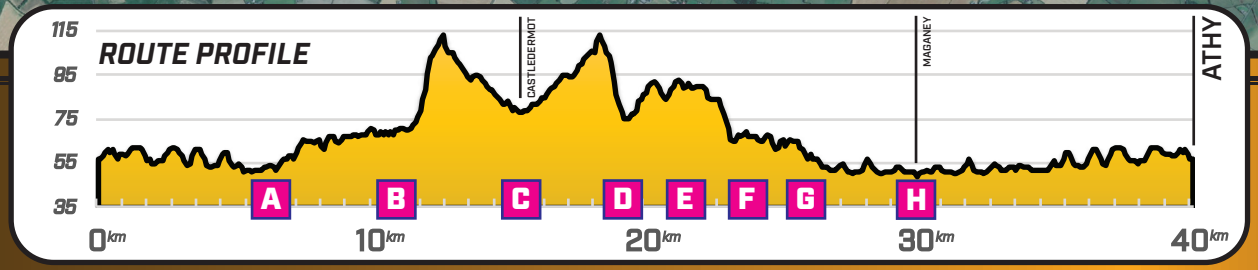
BIKE 40km

5 KM	Cycle Distance Marker
	Swim Route
	Cycle Route
	Run Route
A	Waypoints
	Landmarks
TRANSITION	Transition Zone

T1 EXIT

6.5 km	A	LEFT Turn
11.0 km	B	RIGHT Turn
15.4 km	C	U-Turn
19.3 km	D	SHARP LEFT Turn
21.5 km	E	SHARP RIGHT Turn
23.2 km	F	LEFT Turn
26.3 km	G	LEFT Turn
30.0 km	H	U-Turn

ENTER T2 40.0 km



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TRI ATHY
FORTITUDINE-VINCIMUS
30th MAY 2026