

DARTINGTON DUATHLON

STANDARD

RUN - 10KM = 2 LAPS

BIKE - 40KM = 2 LAPS

RUN - 5KM = 2 LAPS

SPRINT

RUN - 5KM = 1 LAP

BIKE - 20KM = 1 LAP

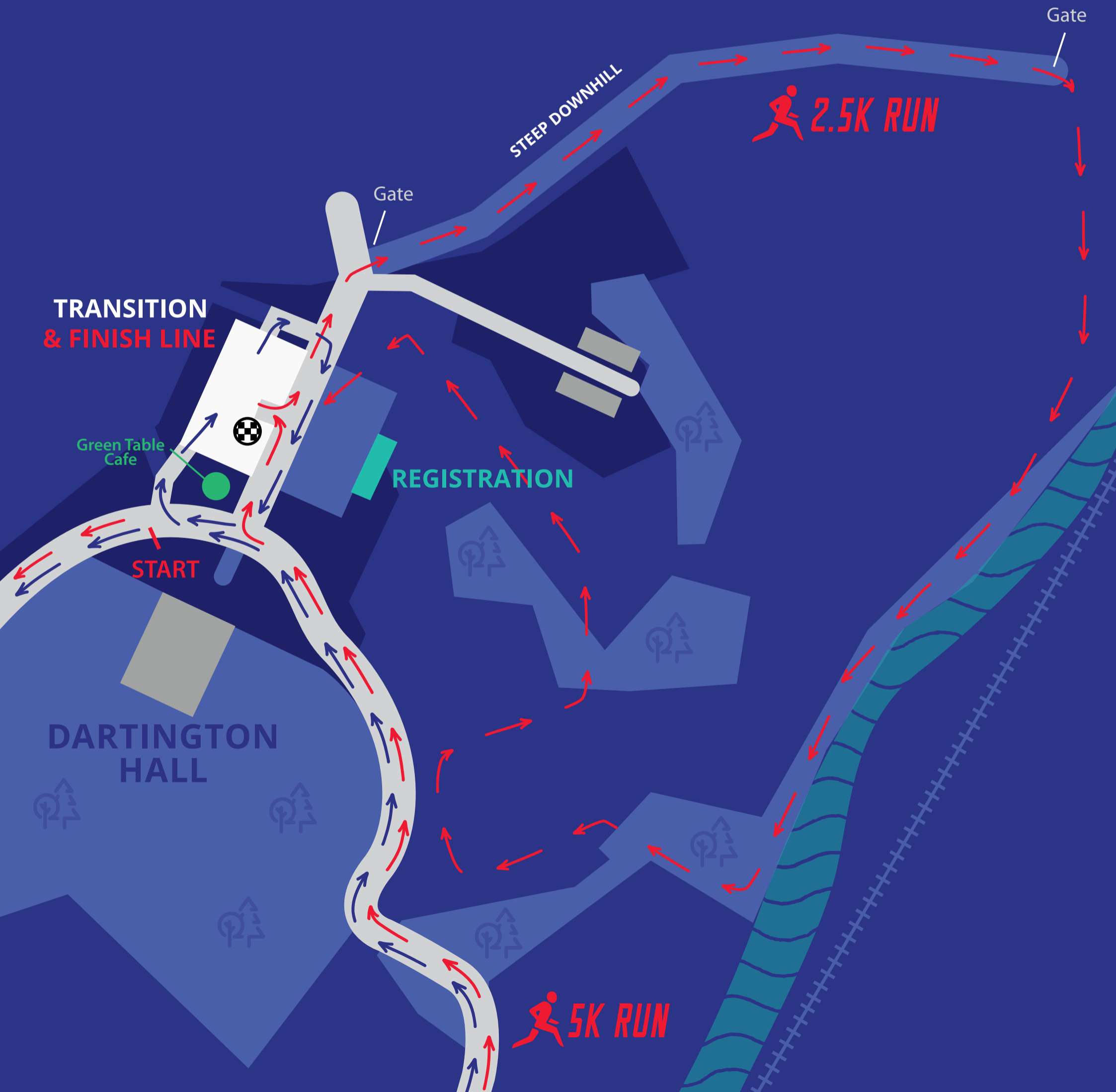
RUN - 2.5KM = 1 LAP

GO TRI

RUN - 2.5KM = 1 LAP

BIKE - 10KM = 2 LAPS

RUN - 2.5KM = 1 LAP



DARTINGTON DUATHLON

STANDARD

RUN - 10KM = 2 LAPS

BIKE - 40KM = 2 LAPS

RUN - 5KM = 2 LAPS

SPRINT

RUN - 5KM = 1 LAP

BIKE - 20KM = 1 LAP

RUN - 2.5KM = 1 LAP

GO TRI

RUN - 2.5KM = 1 LAP

BIKE - 10KM = 2 LAPS

RUN - 2.5KM = 1 LAP



DARTINGTON DUATHLON

STANDARD

RUN - 10KM = 2 LAPS

BIKE - 40KM = 2 LAPS

RUN - 5KM = 2 LAPS

SPRINT

RUN - 5KM = 1 LAP

BIKE - 20KM = 1 LAP

RUN - 2.5KM = 1 LAP

GO TRI

RUN - 2.5KM = 1 LAP

BIKE - 10KM = 2 LAPS

RUN - 2.5KM = 1 LAP

