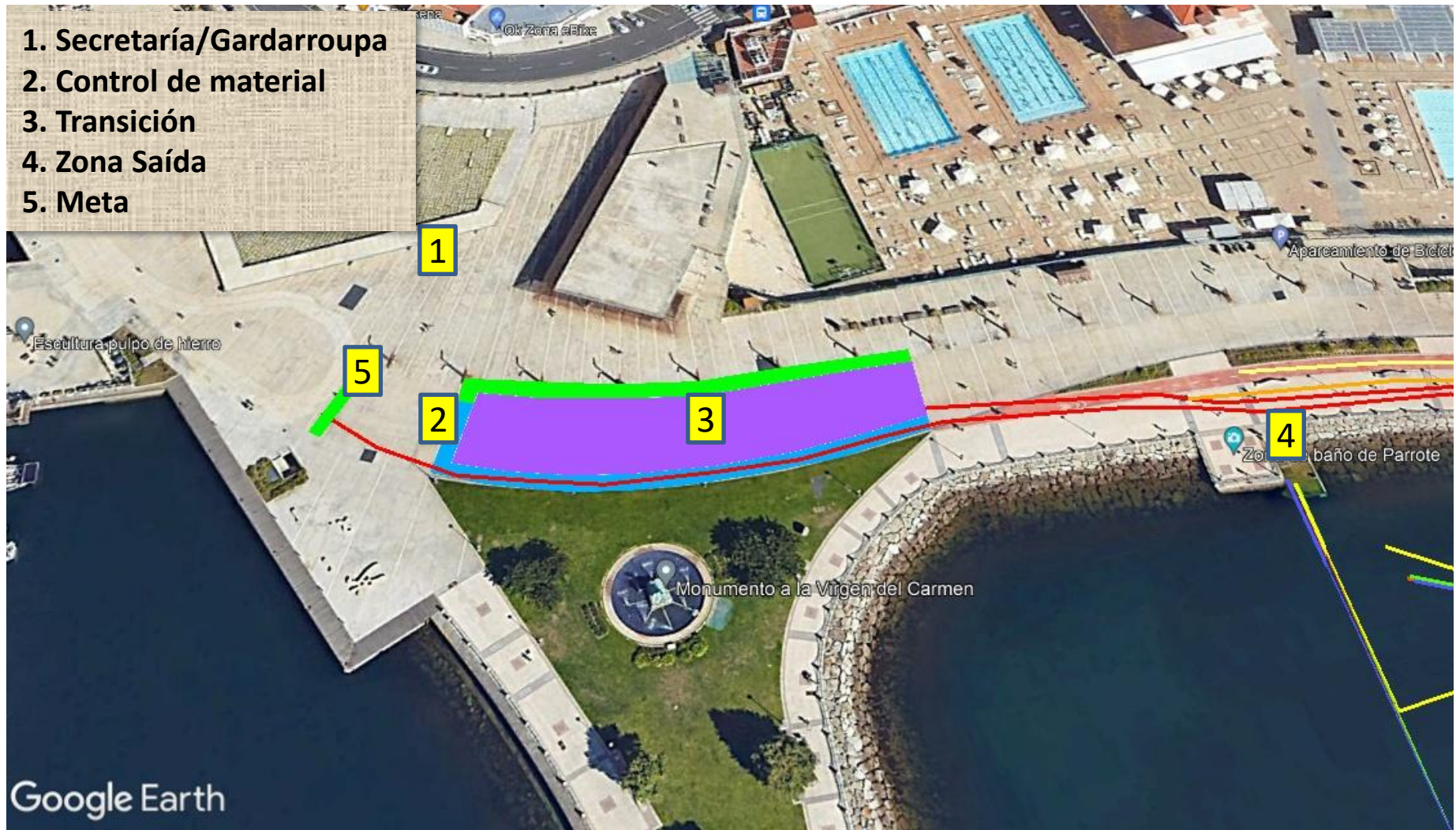


LOCALIZACIÓN E SERVIZOS

1. Secretaría/Gardarroupa
2. Control de material
3. Transición
4. Zona Saída
5. Meta

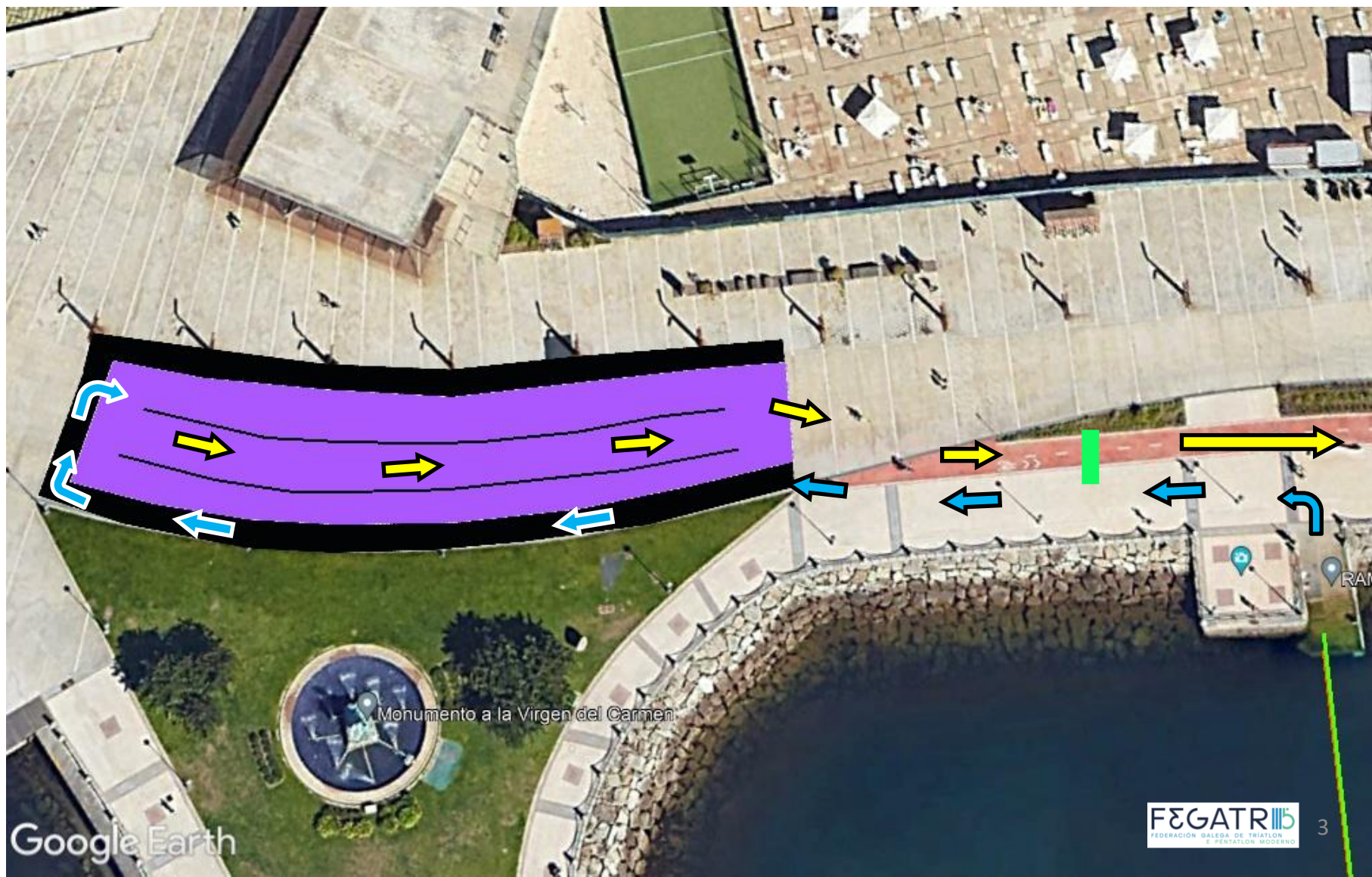


- Explanada Marina/Parrote
- Localización: 43°22'5.17"N , 8°23'39.01"O

TRANSICIÓN E META

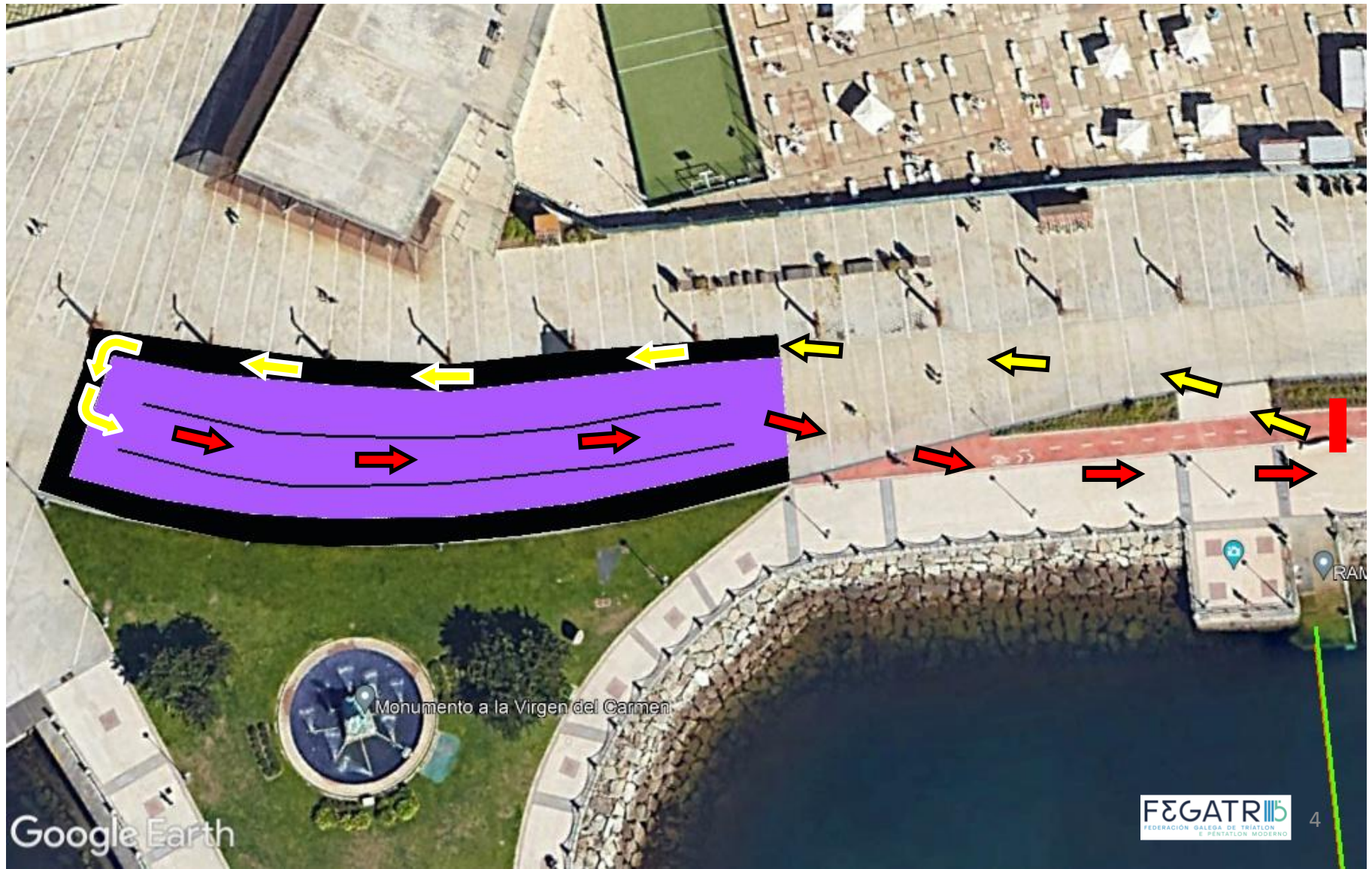
TRANSICIÓN 1

NATACIÓN-CICLISMO

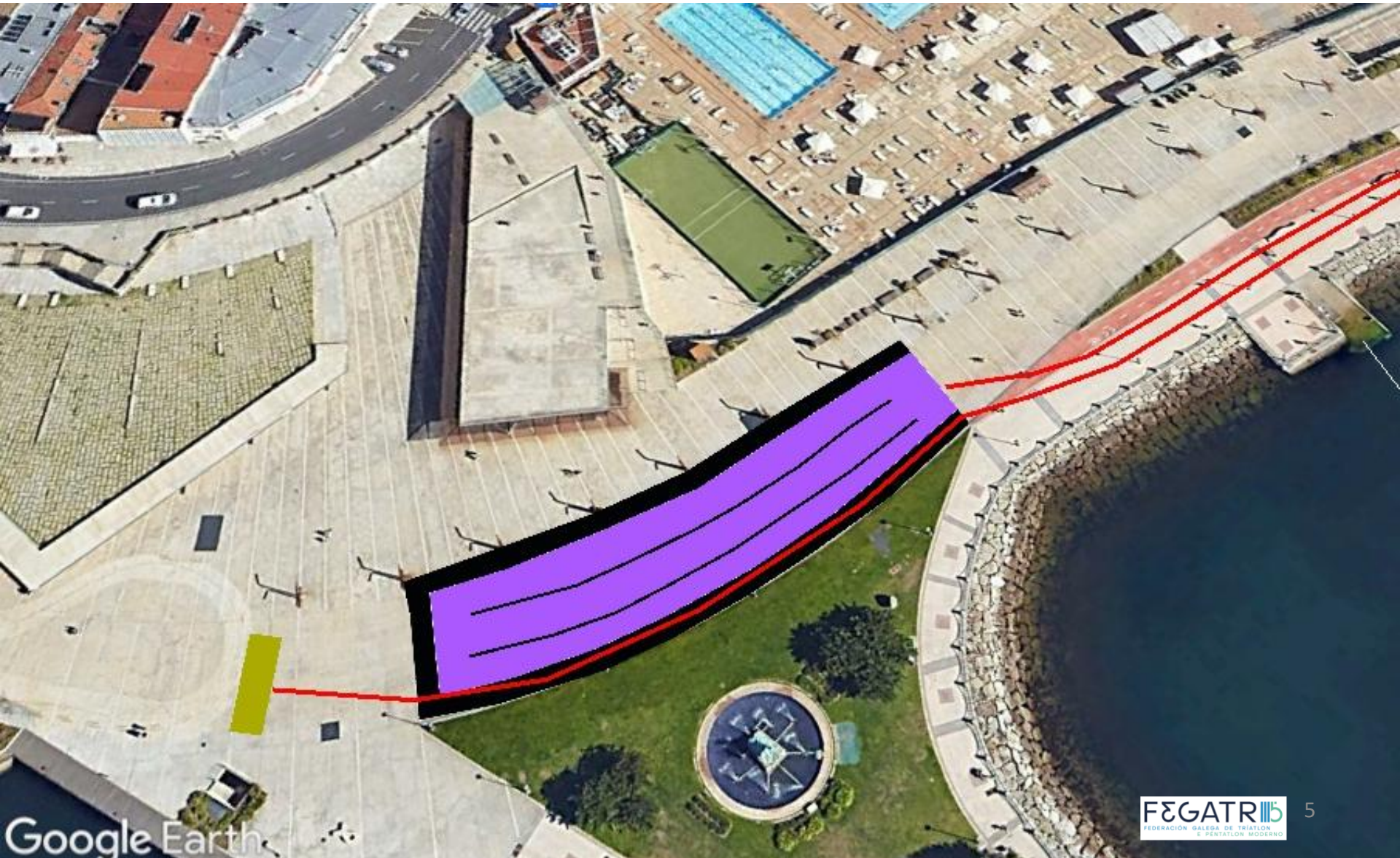


TRANSICIÓN 2

CICLISMO – CARREIRA A PE



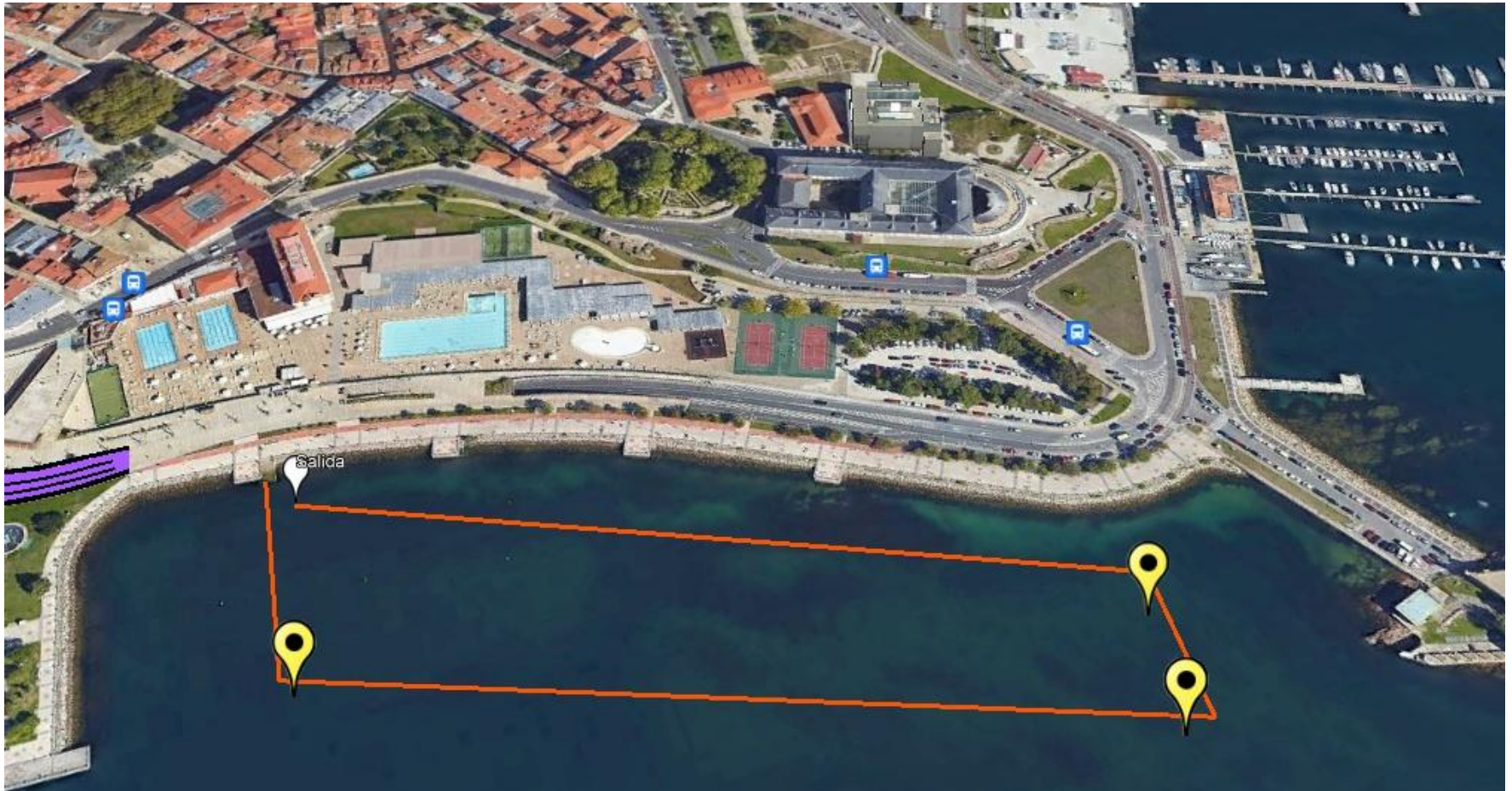
META



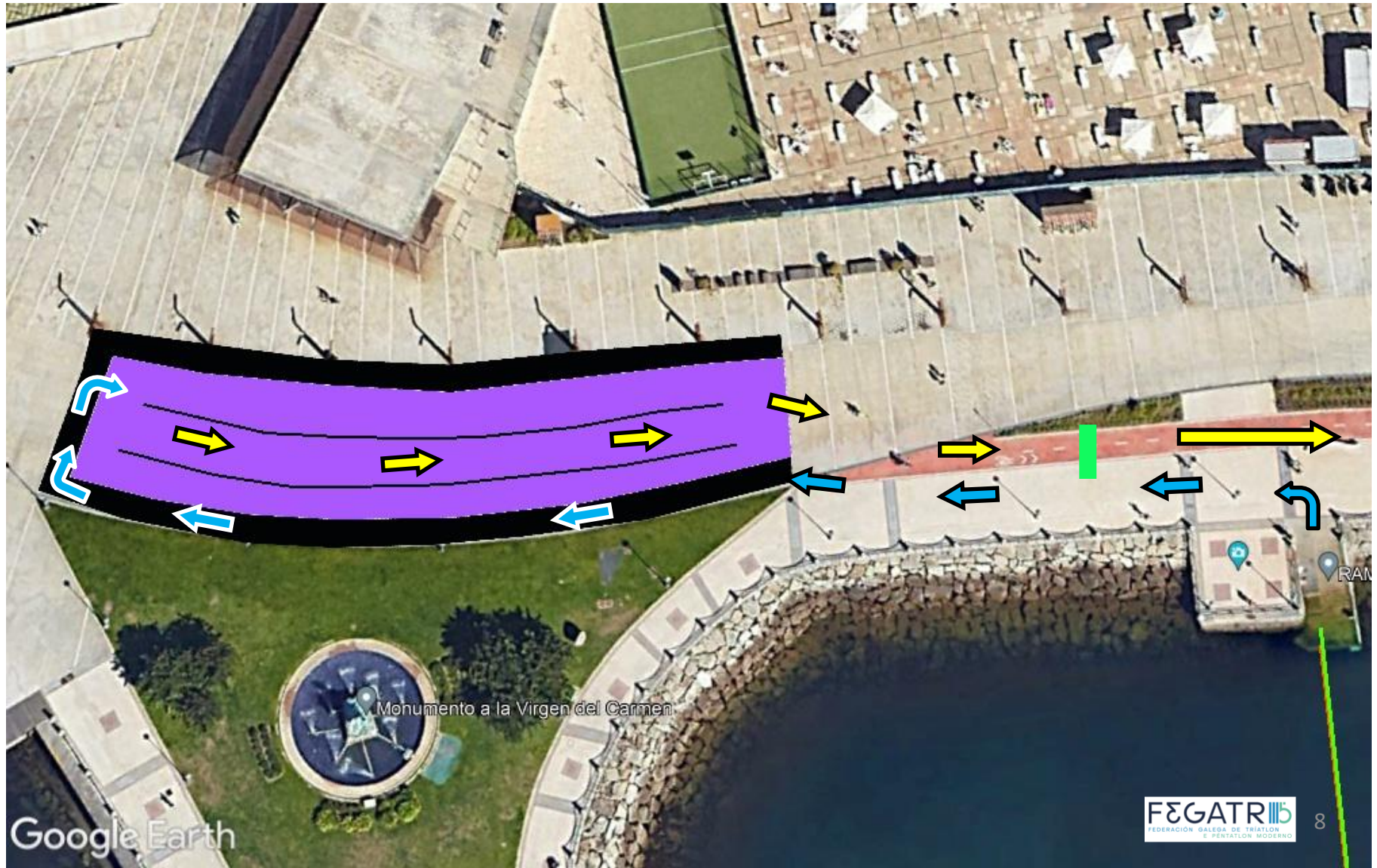
PERCORRIDOS SPRINT

NATACIÓN SPRINT

1 volta x 750 m



TRANSICIÓN 1

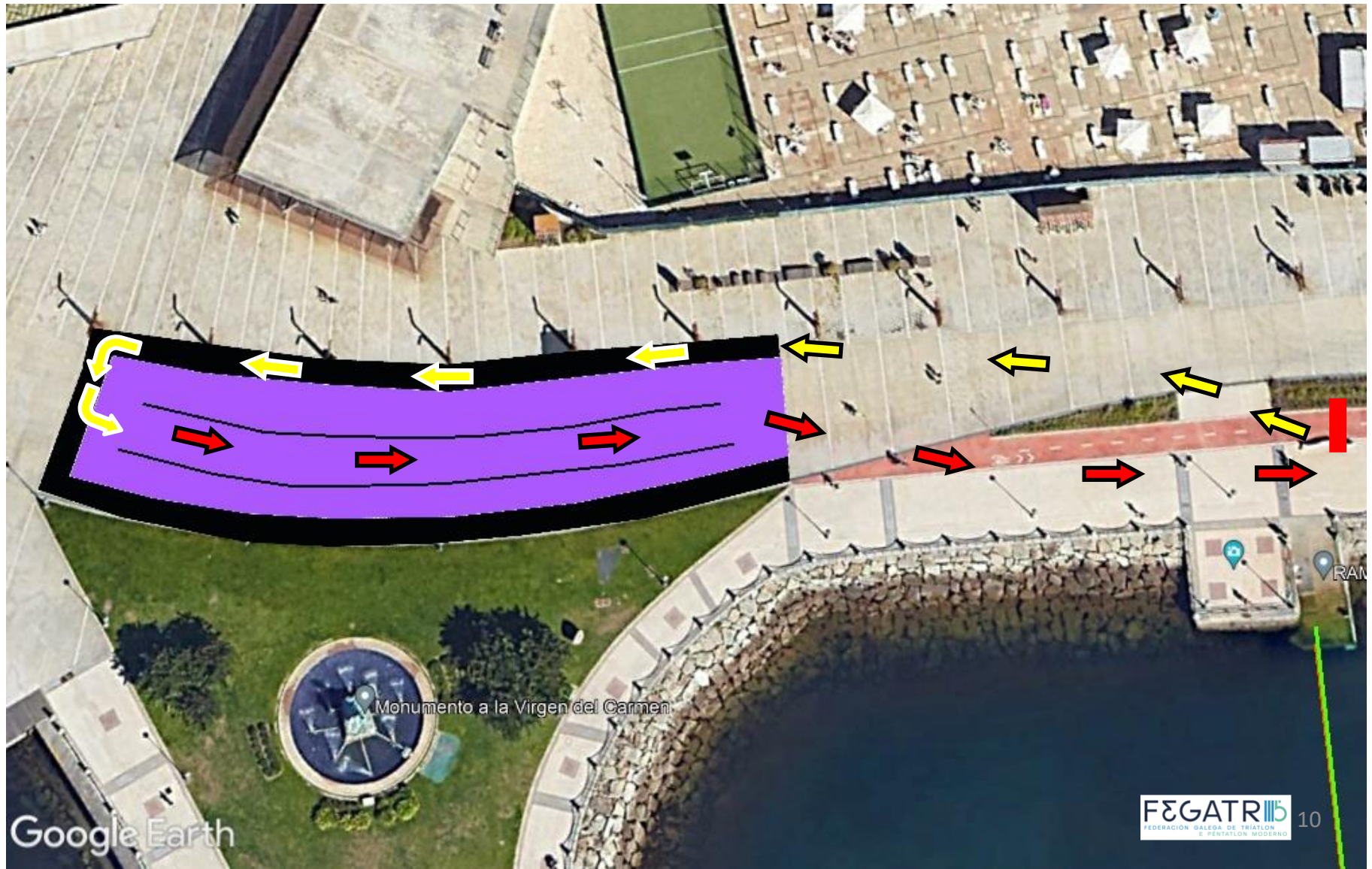


CICLISMO SPRINT

Enlace (450 m) + 5 voltas (3,6 Km) + enlace (450 m)=Total 19 Km



TRANSICIÓN 2

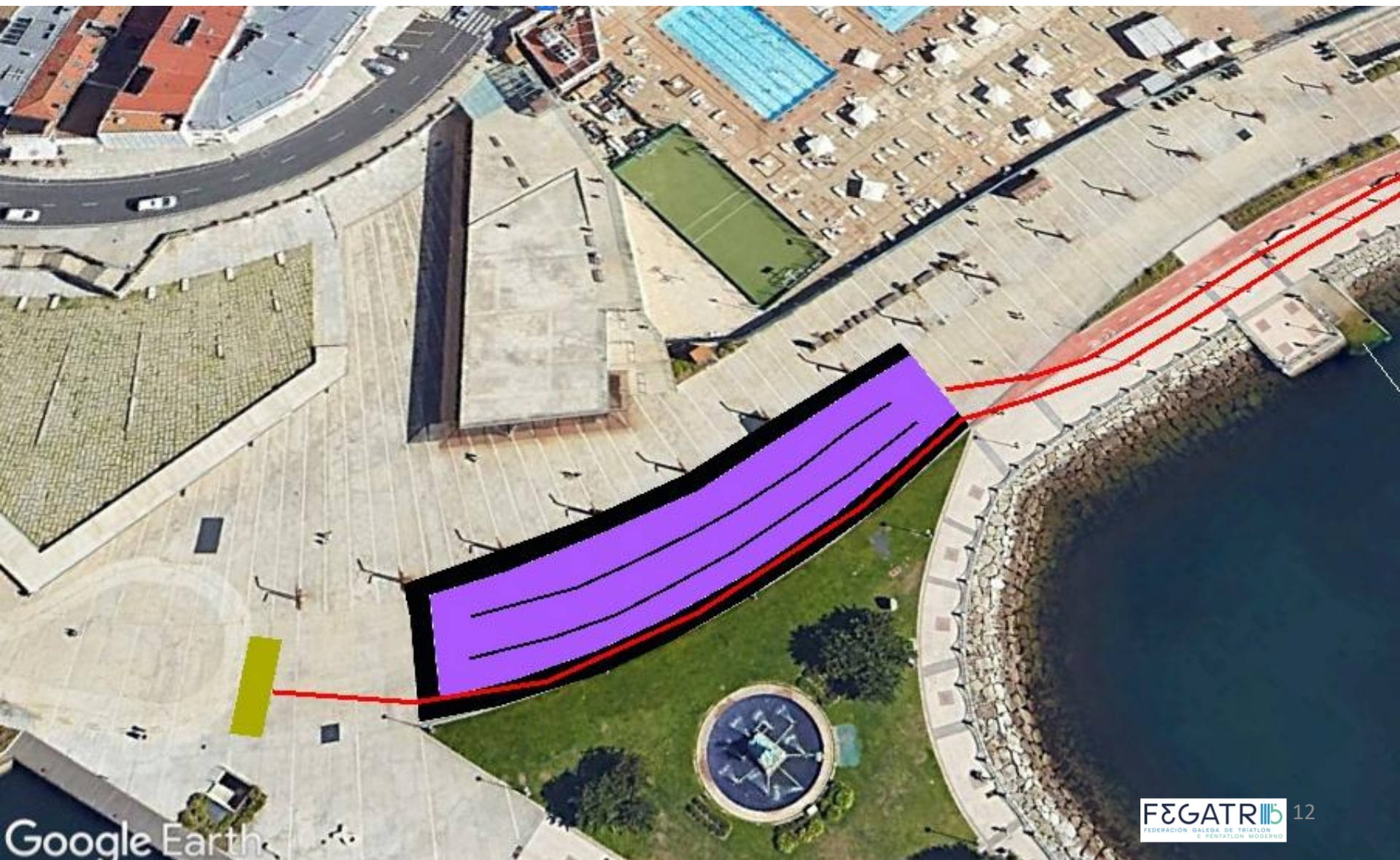


CARREIRA A PÉ SPRINT

2500 m x 2 voltas = 5000 m



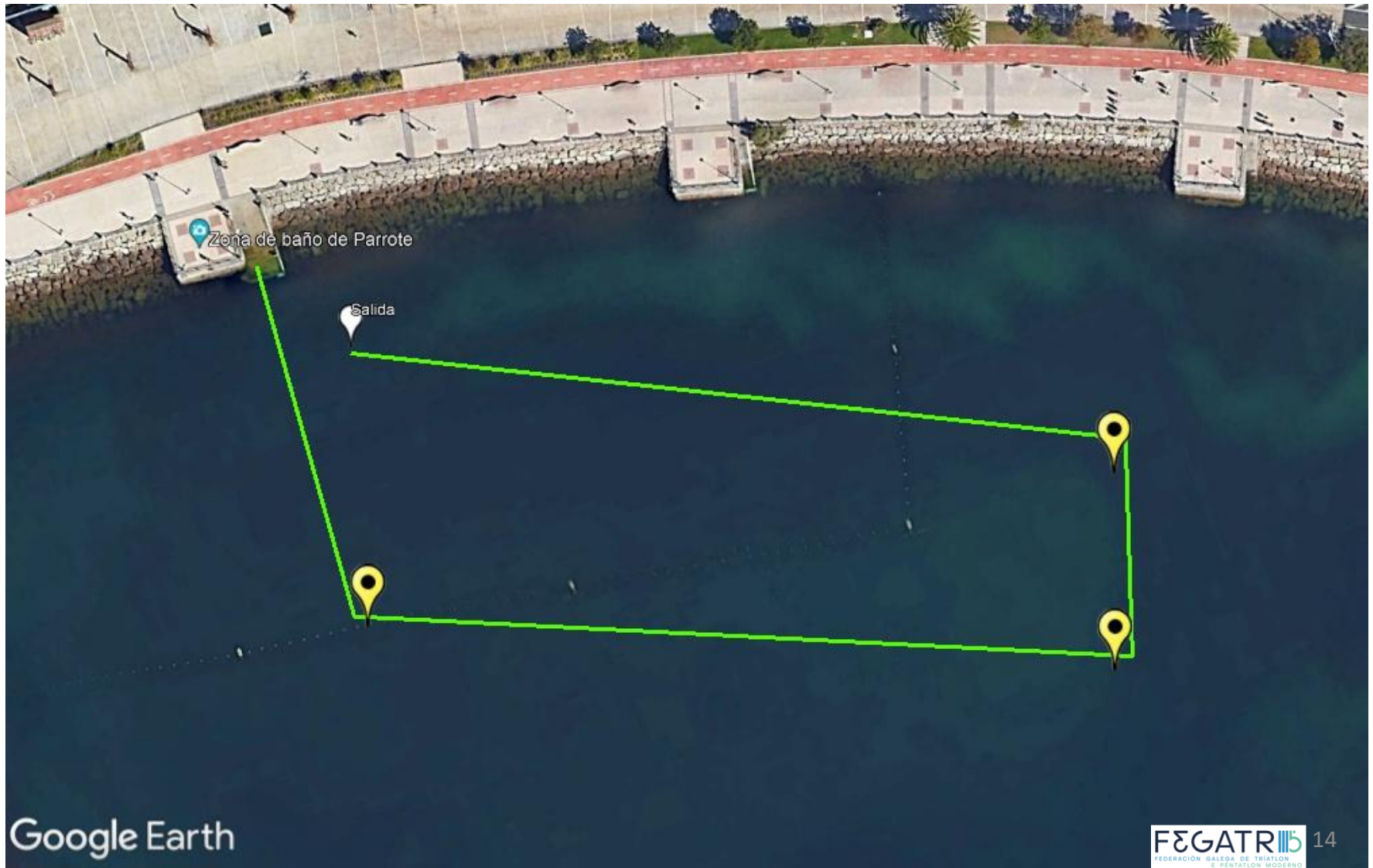
META



PERCORRIDOS SÚPER SPRINT CD/XV/JN INCLUSIVO

NATACIÓN SUPER SPRINT

300 m- 1 volta



CICLISMO SUPER SPRINT

Enlace (450m) + 3 voltas (3,6 Km) + enlace (450m)= **Total 19Km**



CARREIRA A PÉ SUPER SPRINT

2.500 m x 1 Volta

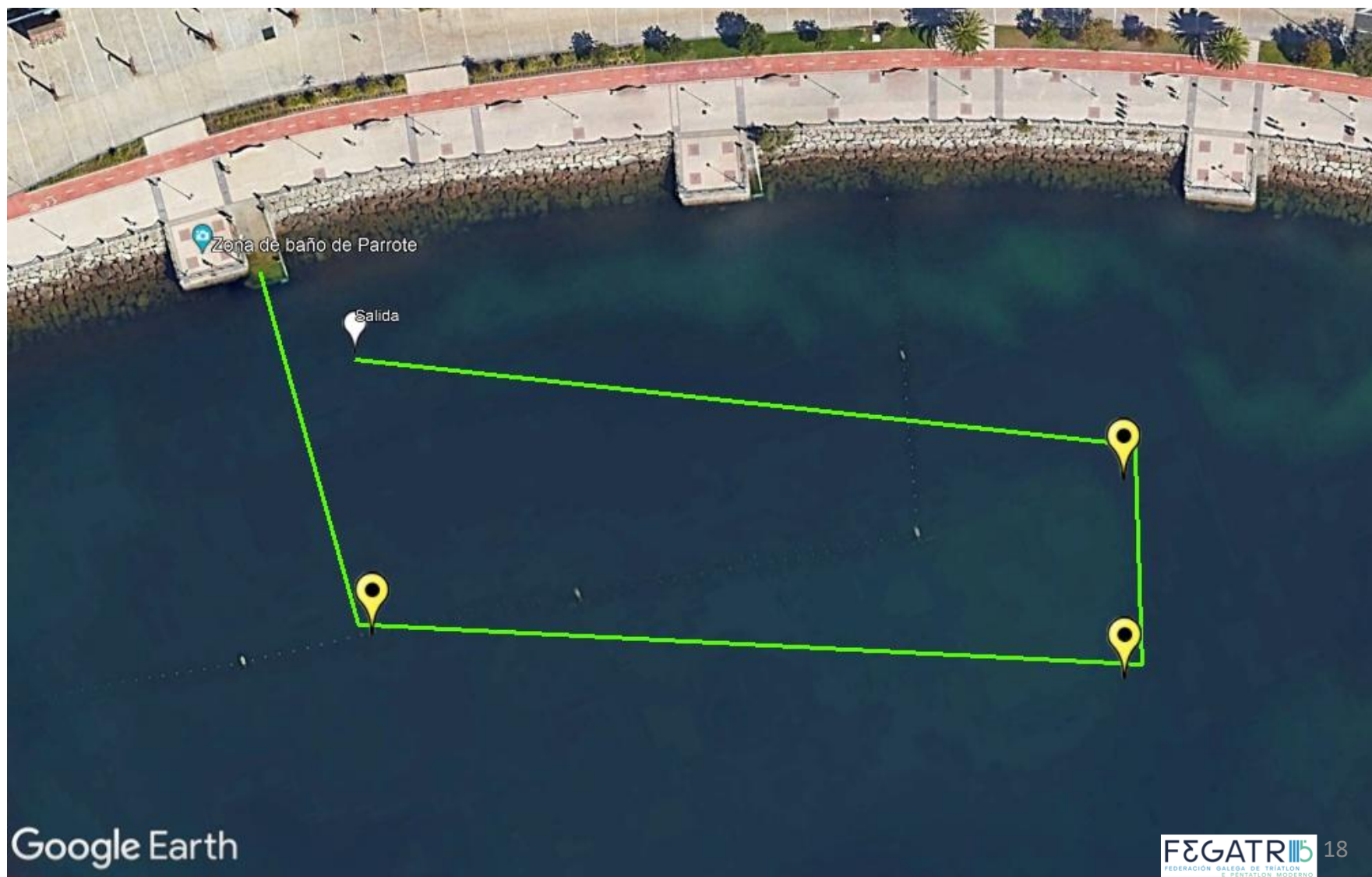


PERCORRIDOS MENORES

INFANTIL

Natación

1 V x 300 m



Enlace (450 m) + 2 V (3,6 Km) + enlace (450m)



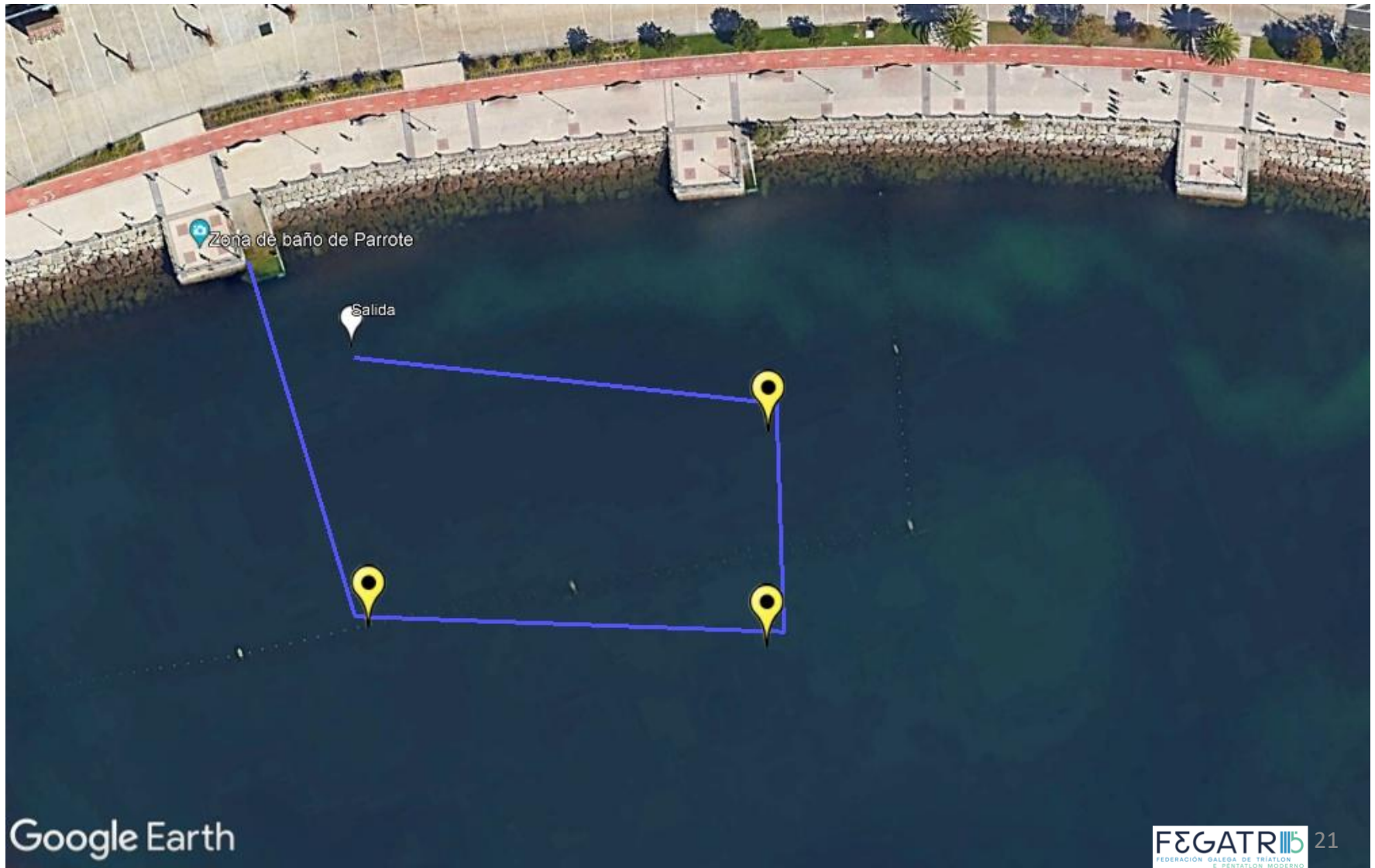
INFANTIL

Carreira a pé 2000 m x 1 V



Natación

1 V x 200 m



4,5 km

Enlace (450m) + 2 V (1,75 Km) + enlace (450 m)

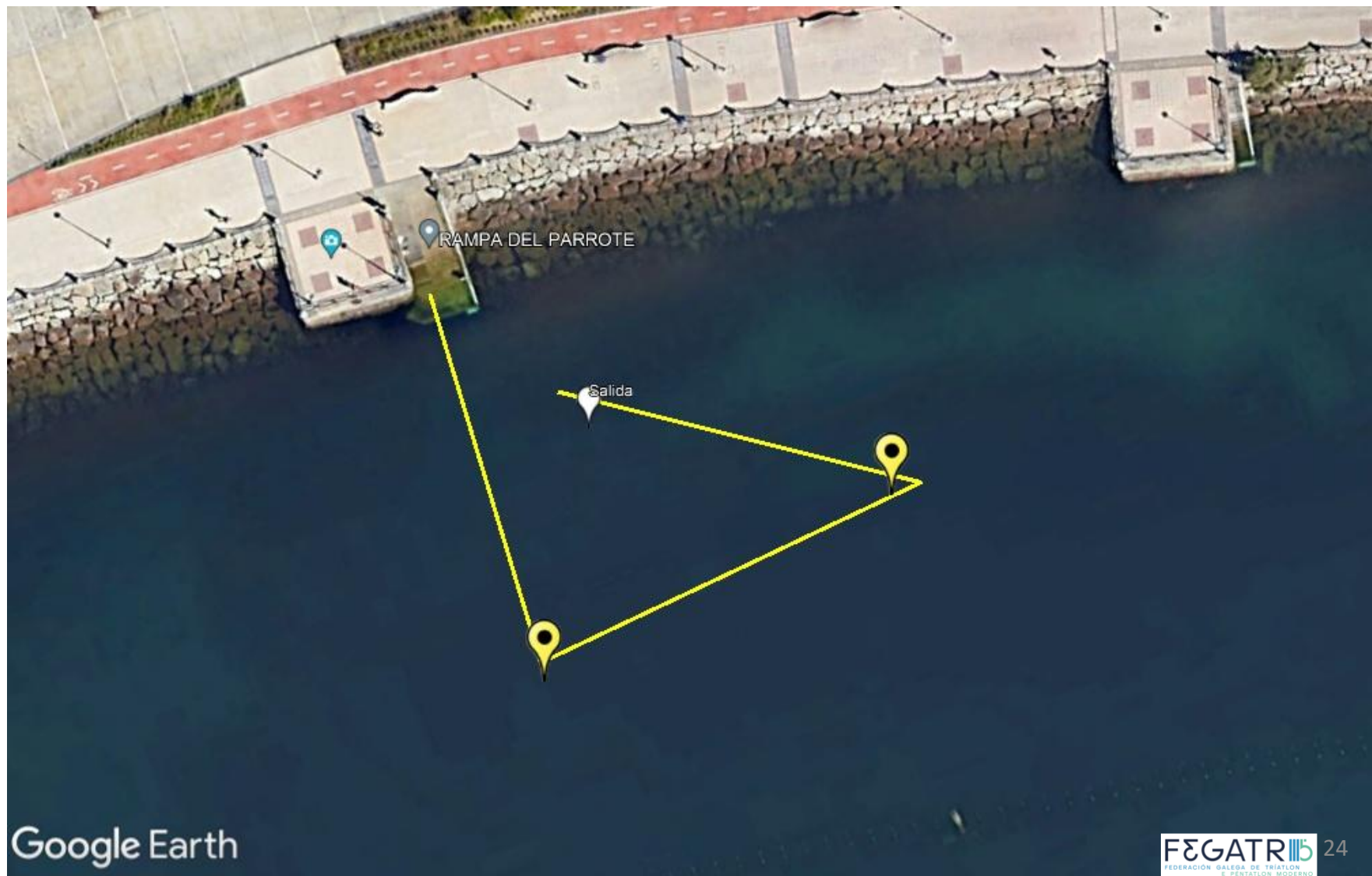




BENXAMÍN

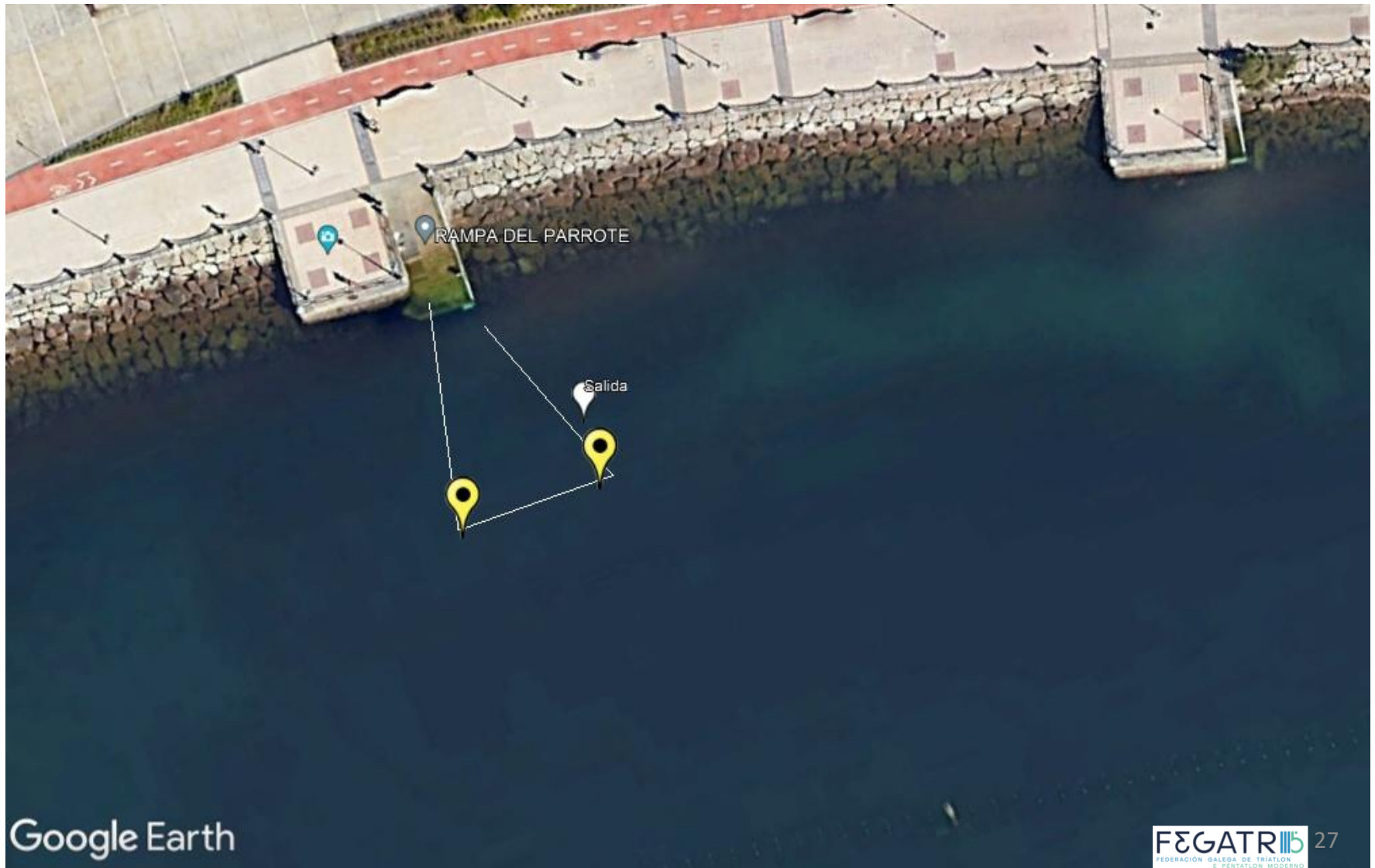
Natación

1 V x 100 m









PREBENXAMÍN

Ciclismo

1 km x 1 V



