

113 1.9 KM LOOP



START/FINISH



WATER STATION



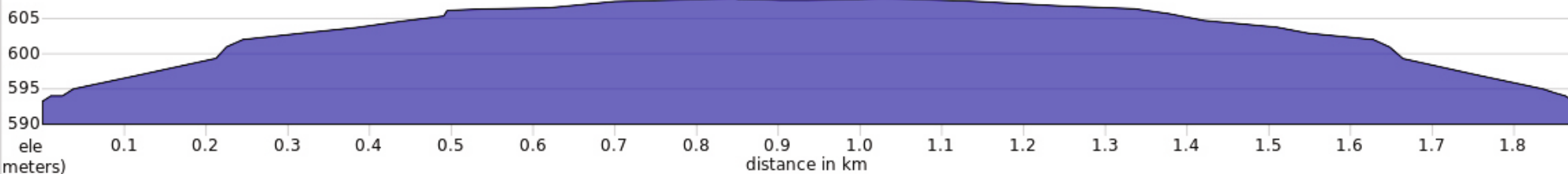
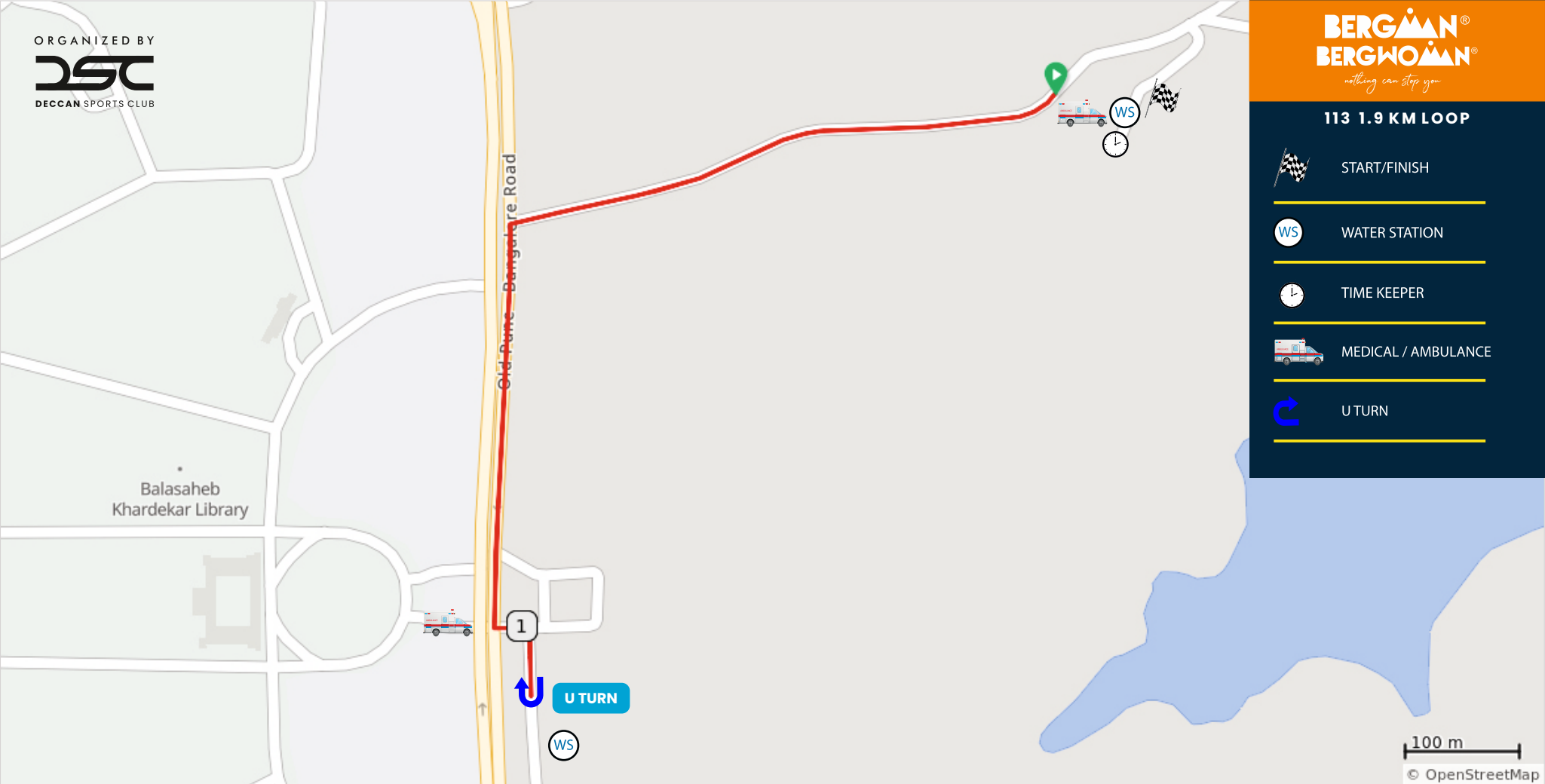
TIME KEEPER









MEDICAL / AMBULANCE

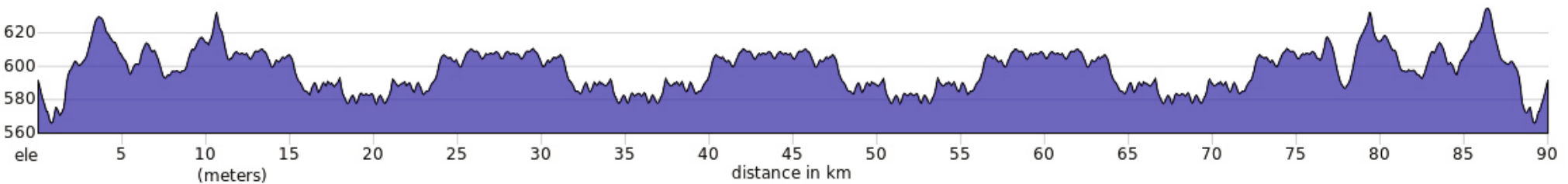


U TURN








**113 DUATHLON 4 Loops in 5 Star Mide**  
**1 Loop 16.5 Km total 66 kms**

-  START/FINISH
-  WATER STATION
-  TIME KEEPER
-  MEDICAL / AMBULANCE
-  U TURN
-  LOOP COUNT



**113 4 LOOPS COURSE 21.1 KMS**

-  START/FINISH
-  WATER STATION
-  TIME KEEPER
-  MEDICAL / AMBULANCE
-  U TURN

