

STANDARD

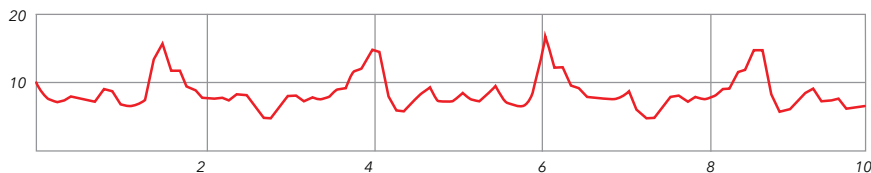
RUN

10 KM

2 LAPS



RUN COURSE ELEVATION

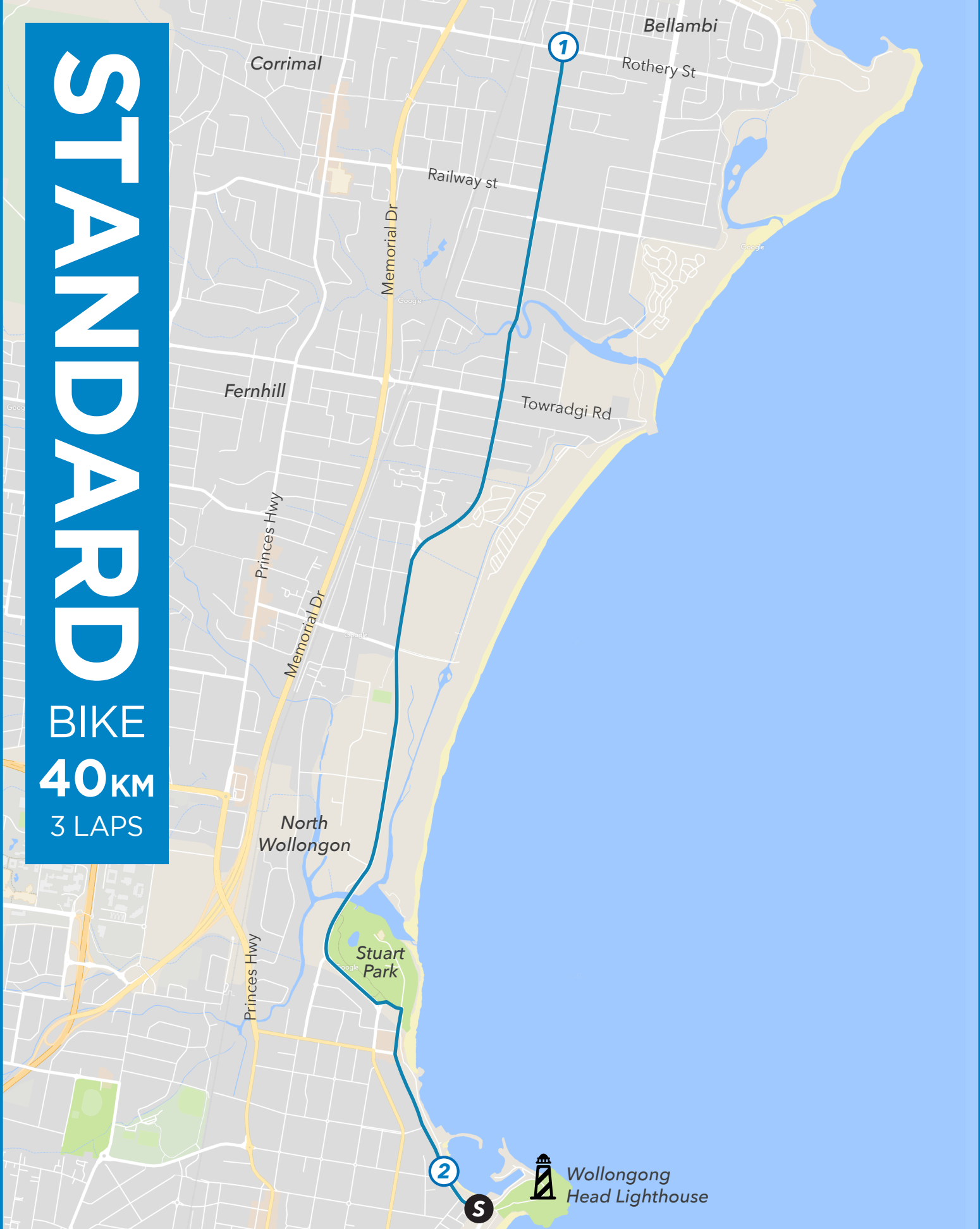


- S** START
- F** FINISH
- 1** RUN TURN

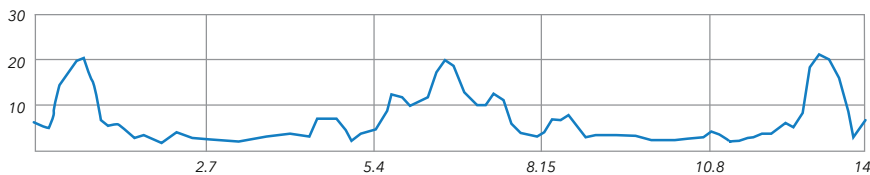


STANDARD

BIKE
40 KM
3 LAPS



BIKE COURSE ELEVATION



- S** START
- F** FINISH
- 1** BIKE TURN

Peoplecare
TRI THE GONG
SWIM . BIKE . RUN