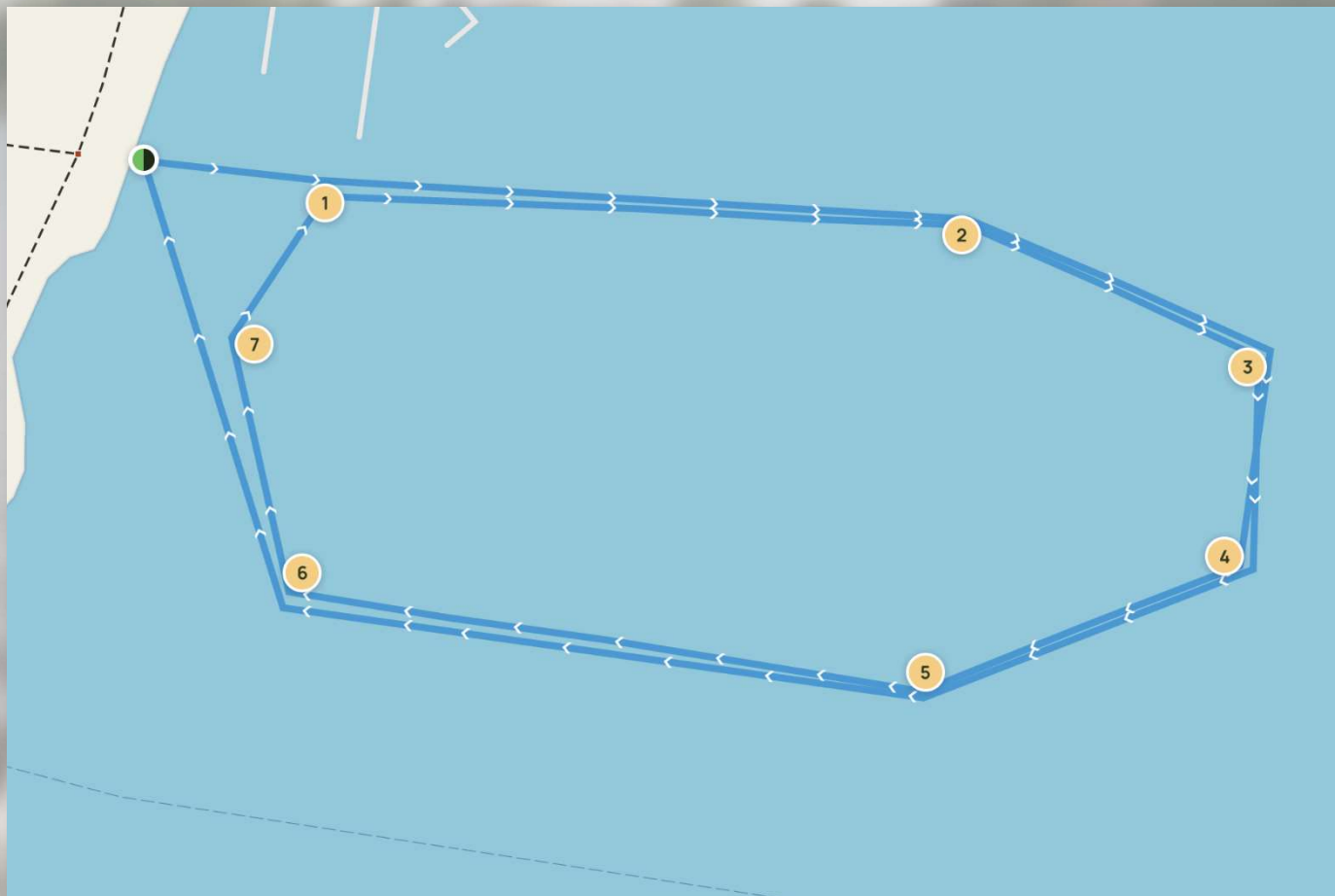


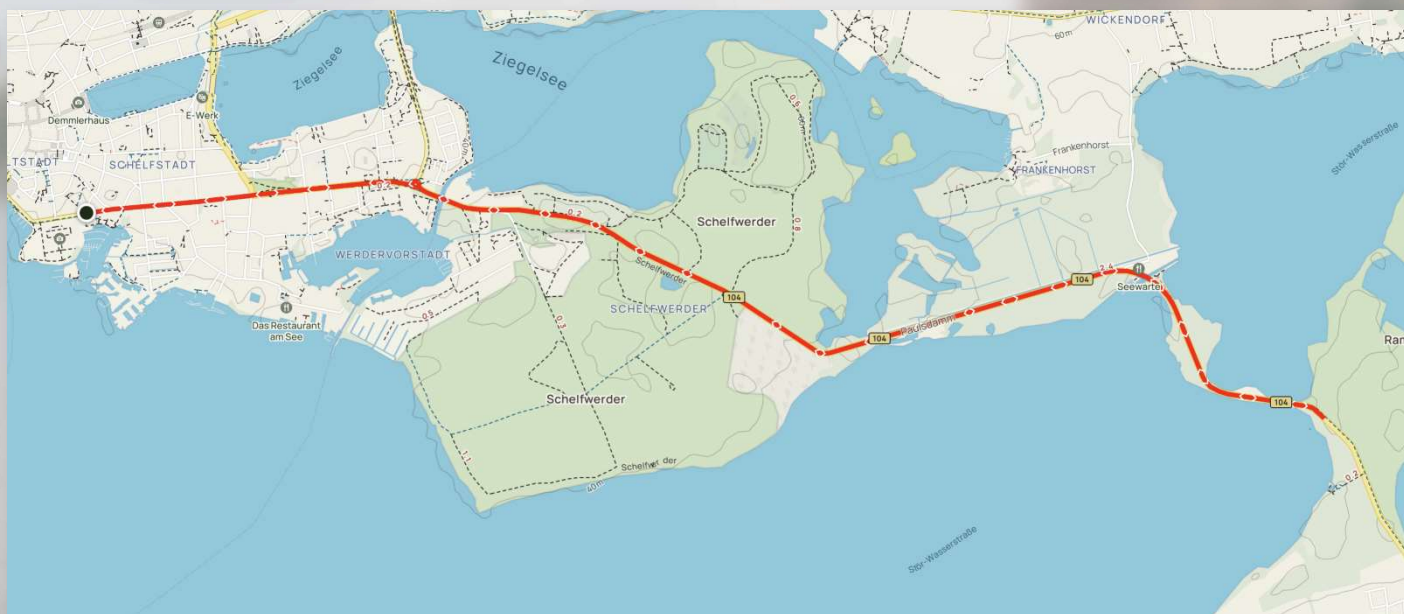
Mitteldistanz

(Einzel, Staffel, Firmenstaffel)

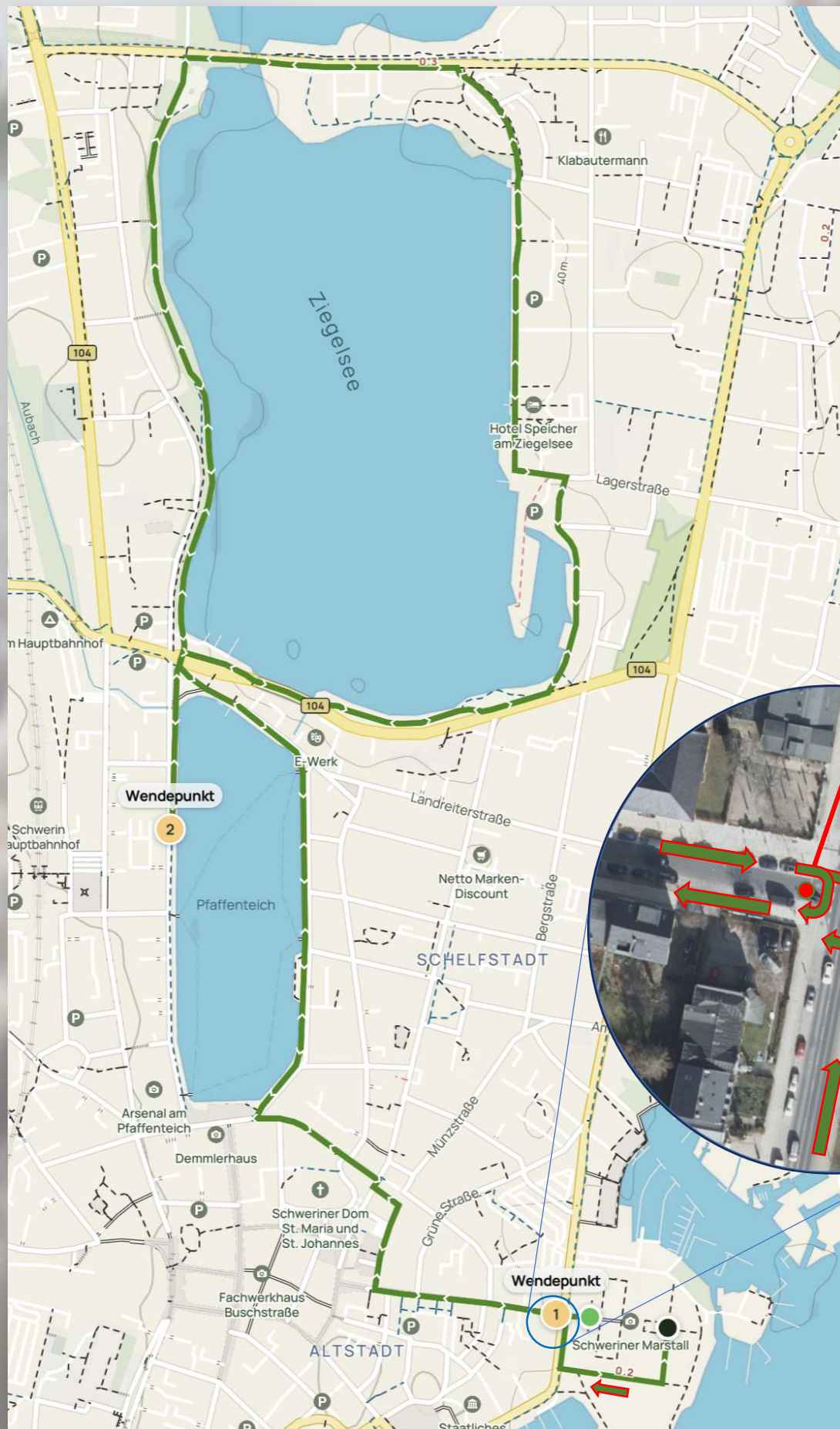
Schwimmen 1,9km (2 Runden)



90km Radfahren (6 Runden a 15km)



21,1km Laufen (2 Runden)



Wendepunkt zur
2. Runde/ gerade
aus ins Ziel

Ziel