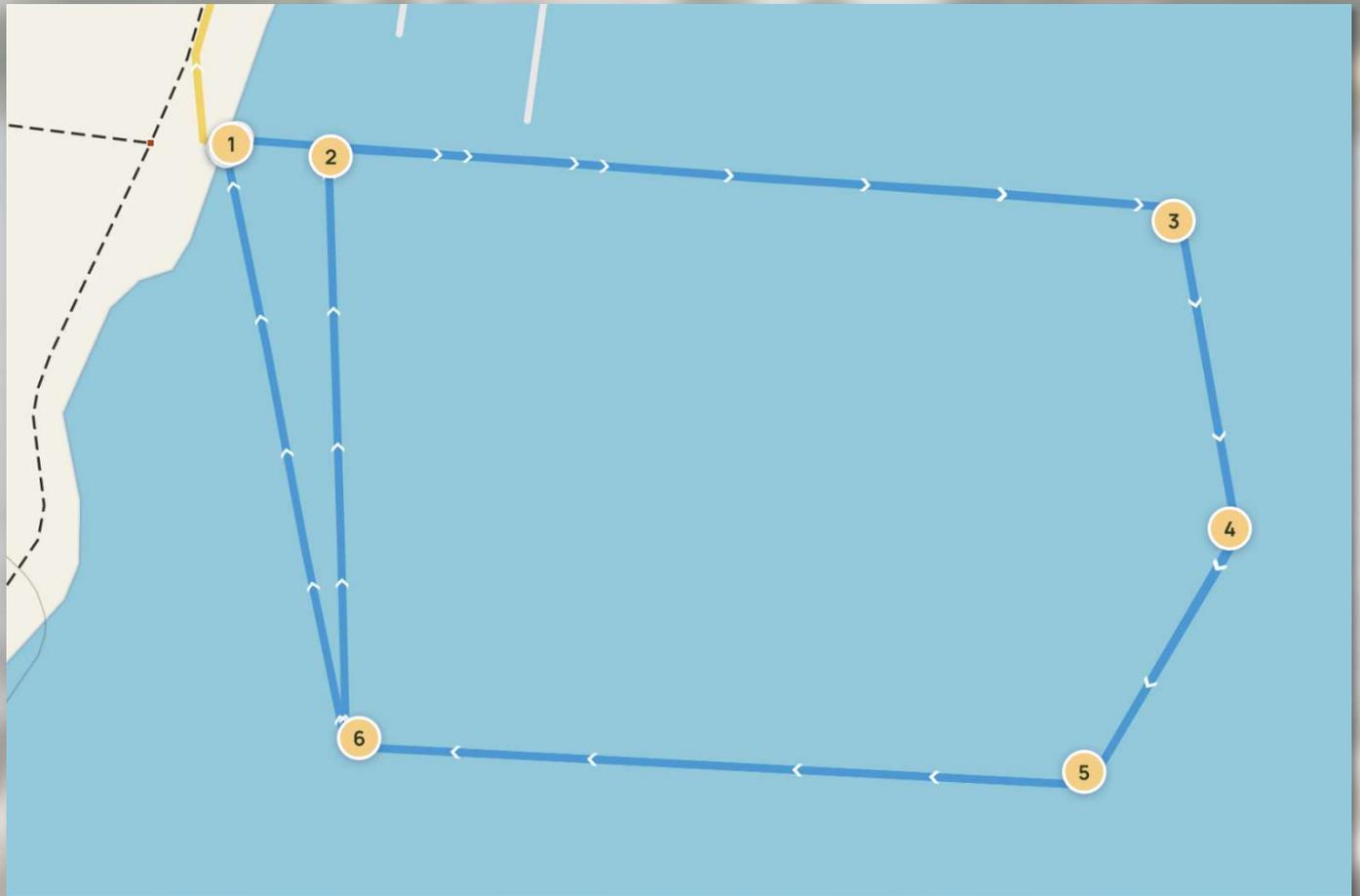


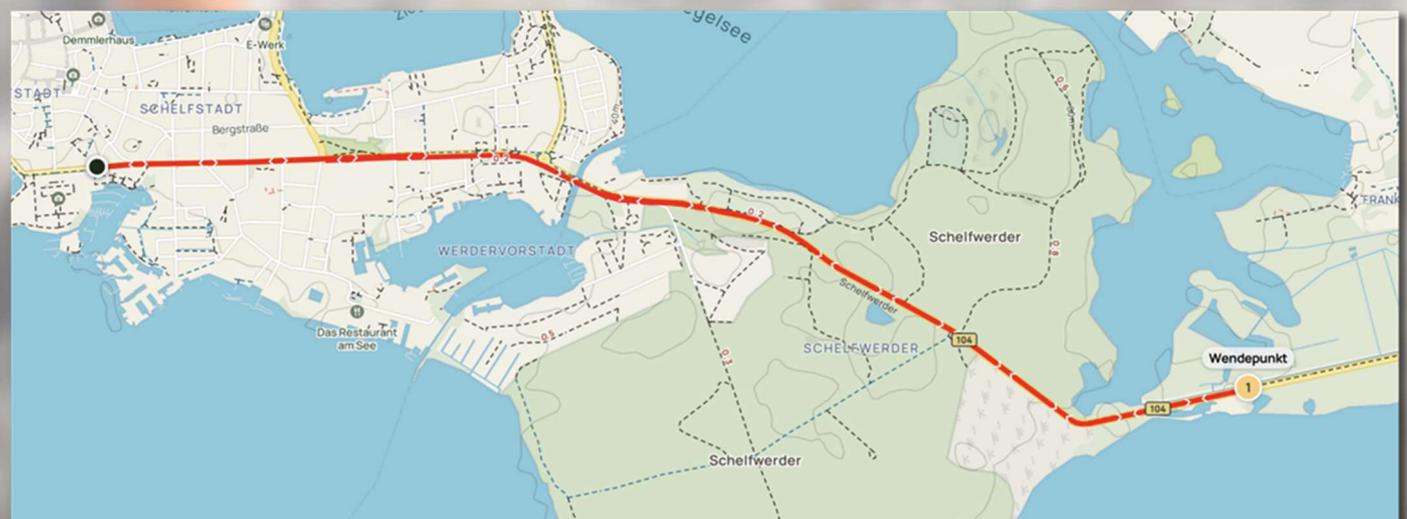
Olympische Distanz

(Einzel, Staffel, Firmenstaffel)

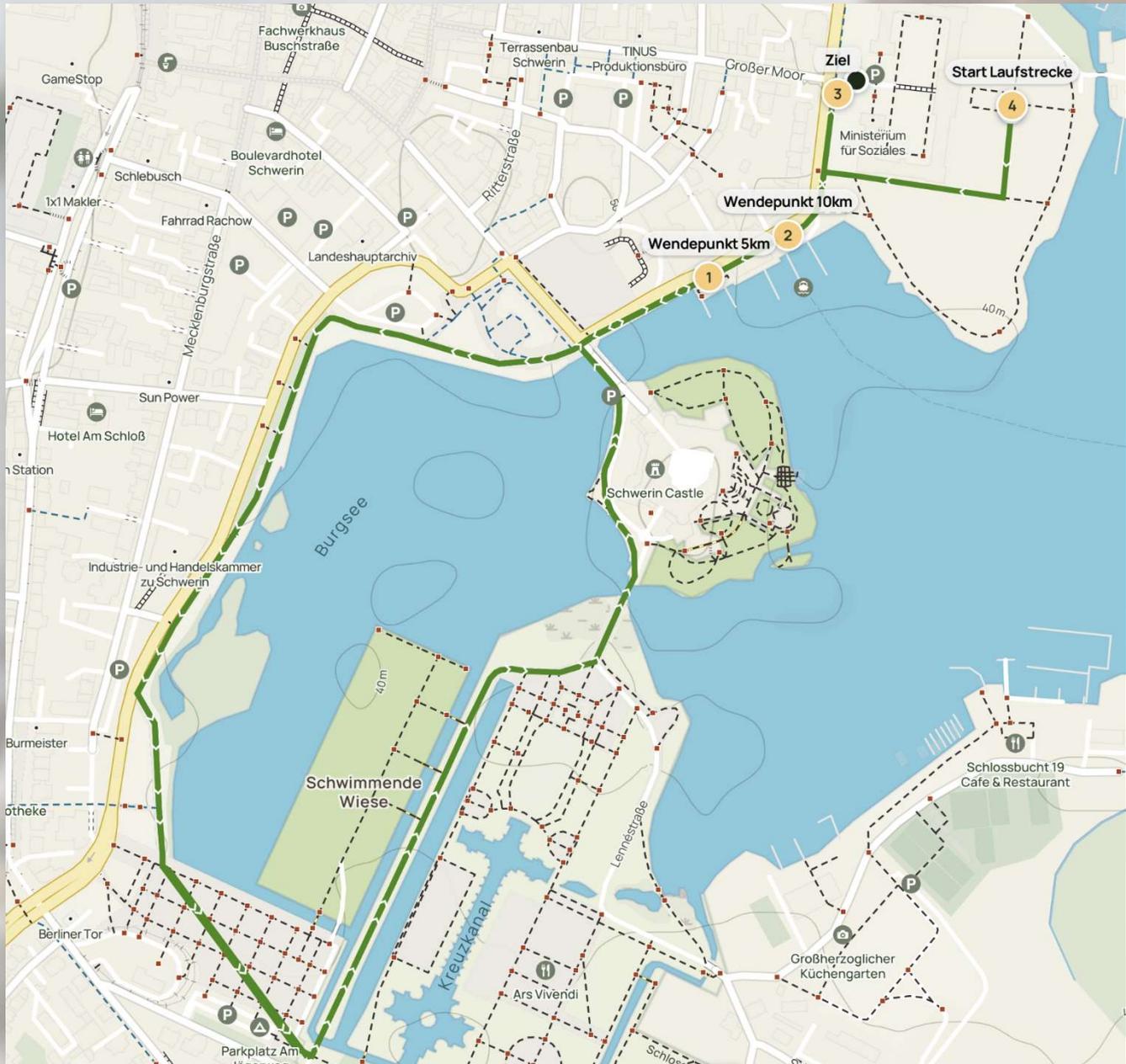
Schwimmen 1,5km (2 Runden)



40km Radfahren (4 Runden a 10km)



10 km Laufen (4 Runden a 2,5 km)



Verpflegung bei km 0,5, 2,7, 5, 7,3, 9,5