

**DUATHLON
CHAMPION LAKES
9 OCTOBER 2011**



**CITY OF ARMADALE
DUATHLON**

- B** → → → BIKE COURSE
- R** → → → RUN COURSE

SHORT COURSE

- RUN 2.5KM (1 LAP)
- RIDE 1.1KM (2 LAPS)
- RUN 1.5KM (1 LAP)

LONG COURSE

- RUN 5KM (1 LAP)
- RIDE 2.1KM (4 LAPS)
- RUN 2.5KM (1 LAP)

- T** TRANSITION AREA
- AS** WATER STATION