

2024 Asia Triathlon Championships Hatsukaichi

Elite Course Map

Swim: 1.5 km (0.75 km x 2 Laps)
 Bike: 40 km (6.6 km x 6 Laps)
 Run: 10 km (2.5 km x 4 Laps)

Course	Color
Swim Course	Blue
Bike Course	Orange
Run Course	Red

BIKE

- 1st lap — 7,120m
- 2nd lap — 6,650m
- 3rd lap — 6,650m
- 4th lap — 6,650m
- 5th lap — 6,650m
- 6th lap — 6,420m
- total 40,140m

RUN

- 1st lap — 2,485m
- 2nd lap — 2,455m
- 3rd lap — 2,455m
- 4th lap — 2,605m
- total 10,000m

