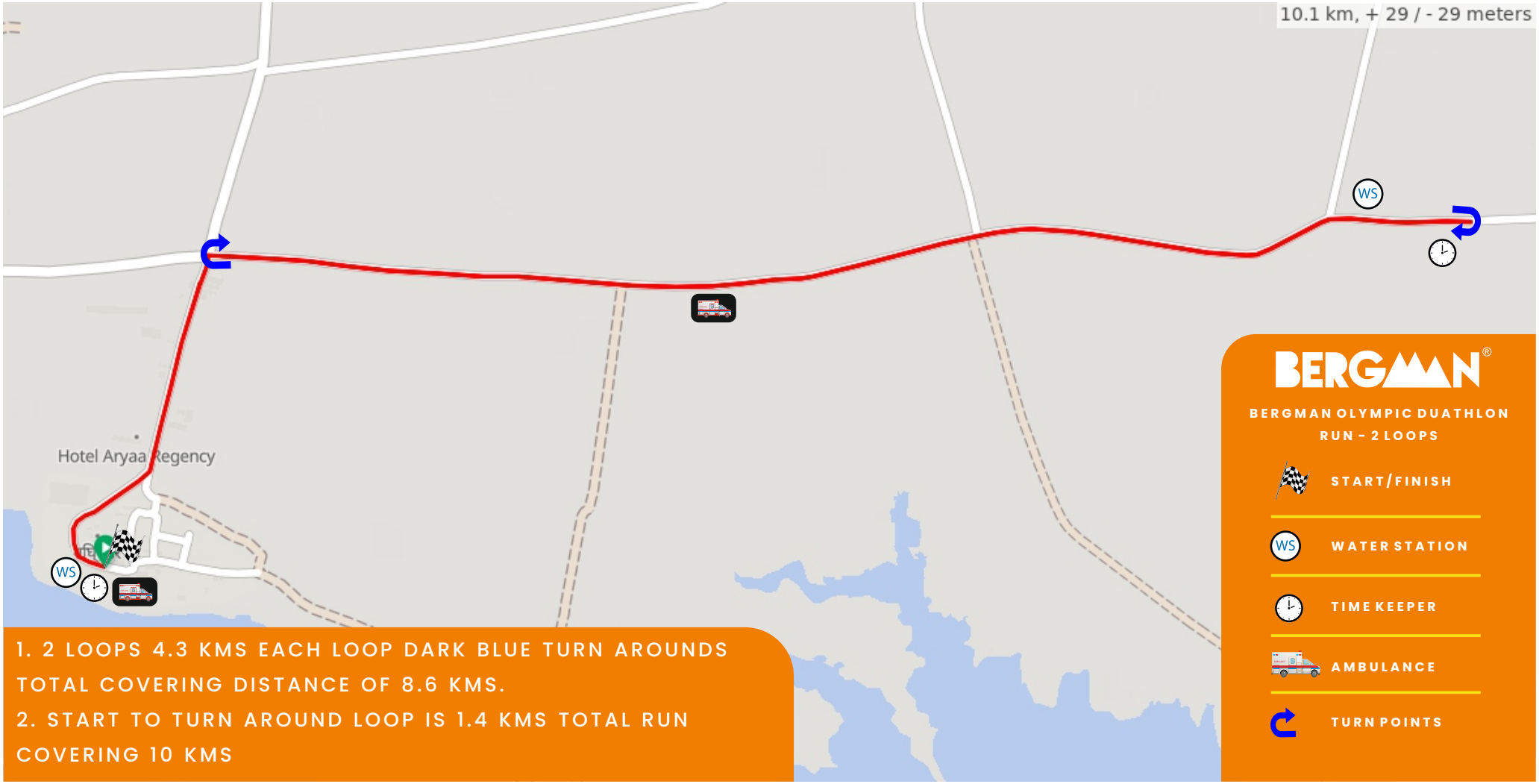
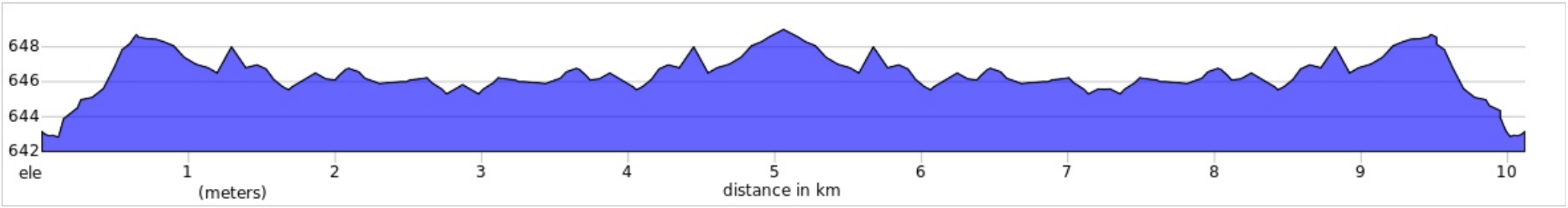
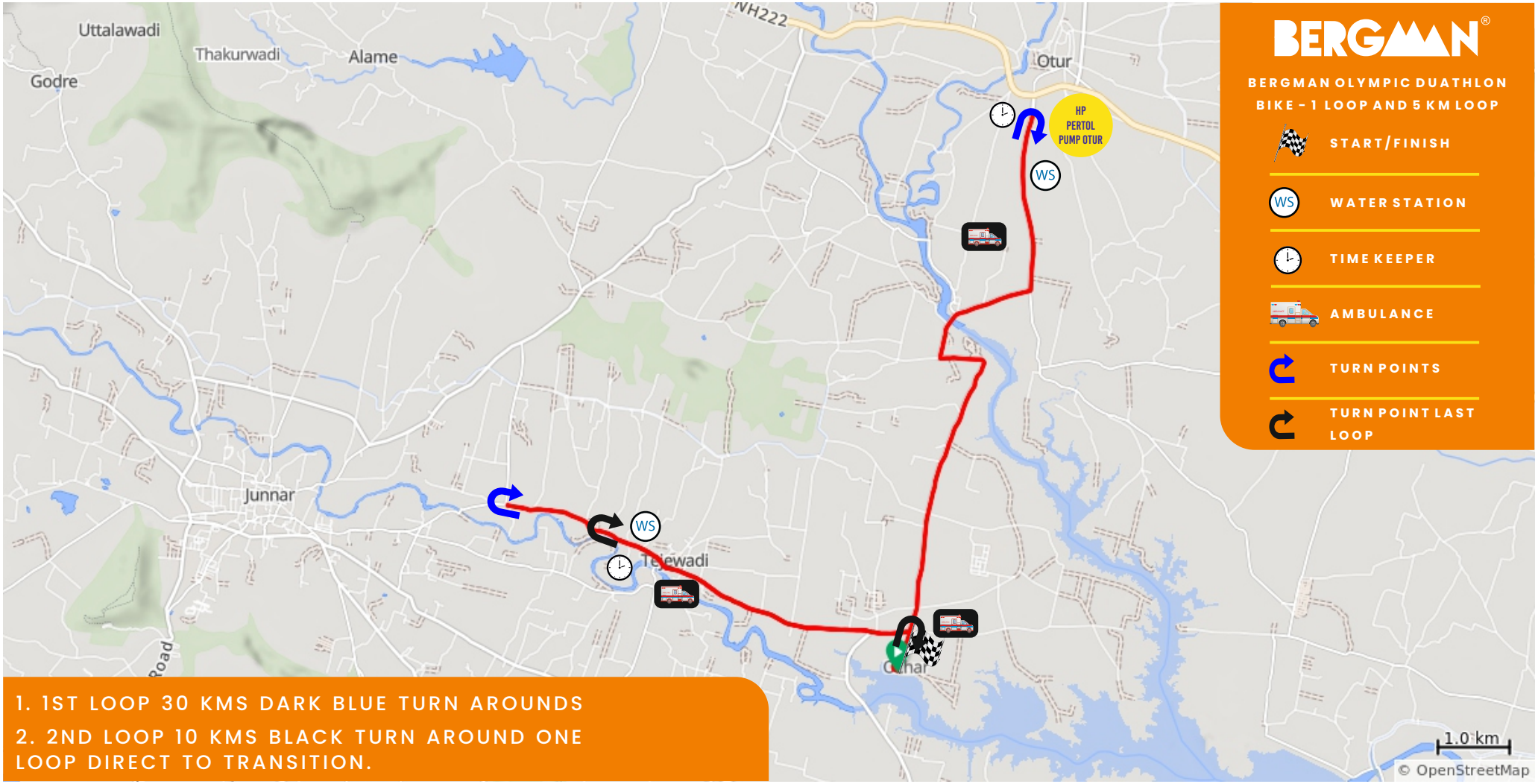
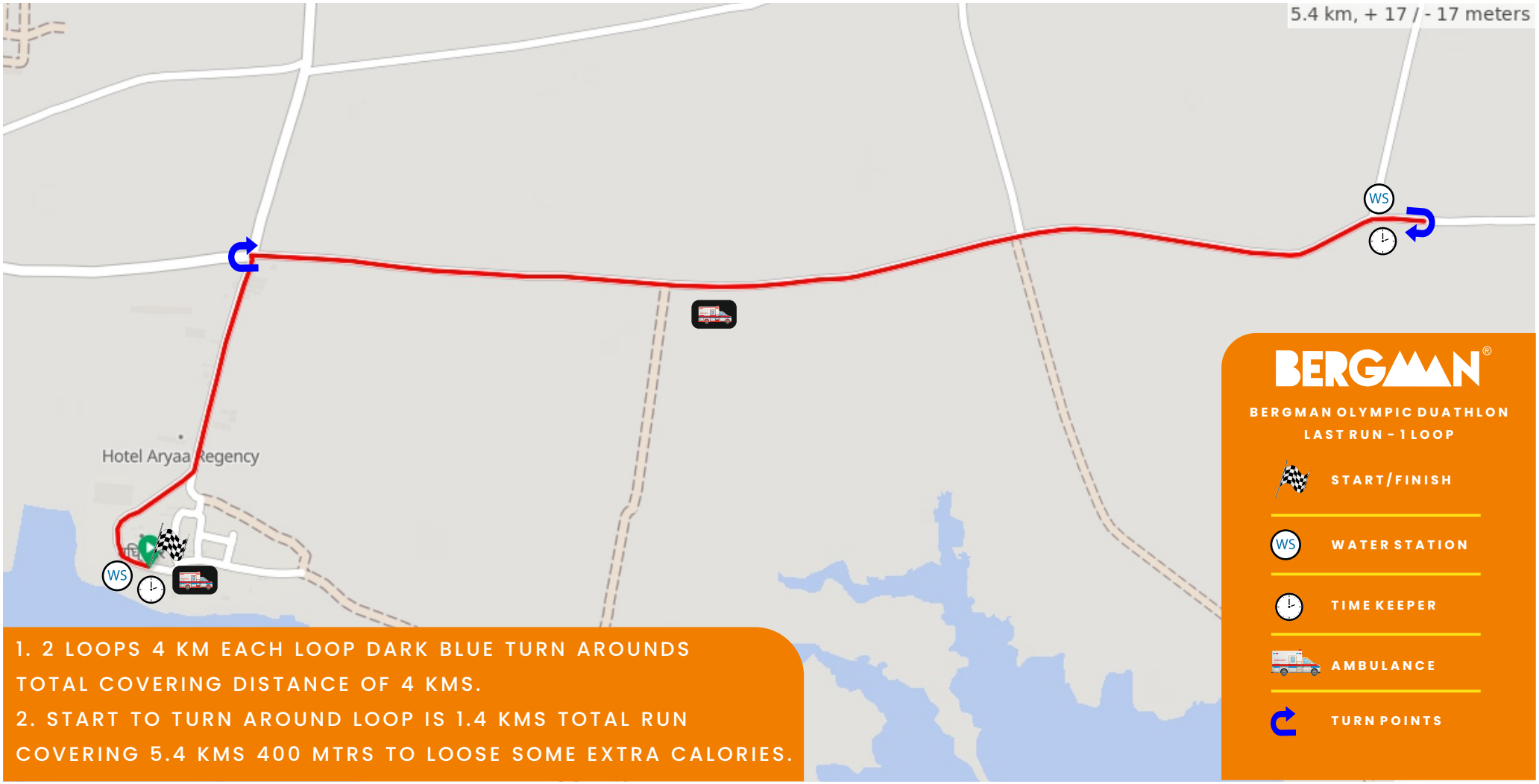
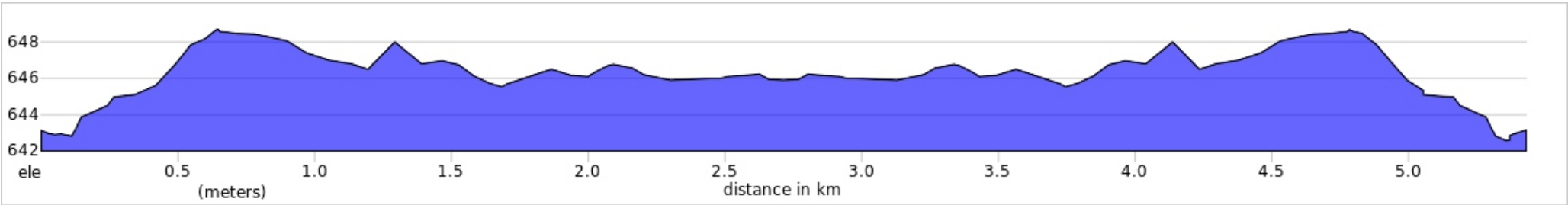

10.1 km, + 29 / - 29 meters
Hotel Aryaa Regency
WS
WS
BERGMAN®
BERGMAN OLYMPIC DUATHLON
RUN - 2 LOOPS
START/FINISH
WATER STATION
TIME KEEPER
AMBULANCE
TURN POINTS
1. 2 LOOPS 4.3 KMS EACH LOOP DARK BLUE TURN AROUNDS TOTAL COVERING DISTANCE OF 8.6 KMS.
2. START TO TURN AROUND LOOP IS 1.4 KMS TOTAL RUN COVERING 10 KMS


648
646
644
642
ele
(meters)
1
2
3
4
5
6
7
8
9
10
distance in km



1. 1ST LOOP 30 KMS DARK BLUE TURN AROUNDS
2. 2ND LOOP 10 KMS BLACK TURN AROUND ONE LOOP DIRECT TO TRANSITION.



1. 2 LOOPS 4 KM EACH LOOP DARK BLUE TURN AROUNDS TOTAL COVERING DISTANCE OF 4 KMS.
2. START TO TURN AROUND LOOP IS 1.4 KMS TOTAL RUN COVERING 5.4 KMS 400 MTRS TO LOOSE SOME EXTRA CALORIES.