



SWIM OUT

BIKE IN

FINISH

RUN OUT

BIKE OUT

Via Capodistria

Via Capodistria

MINICUCCIOLI

25m SWIM ½ vasca

600m BIKE 1 giro

150m RUN 1 giro



CUCCIOLI

50m SWIM 1 vasca

1000m BIKE 2 giri

300m RUN 1 giro

