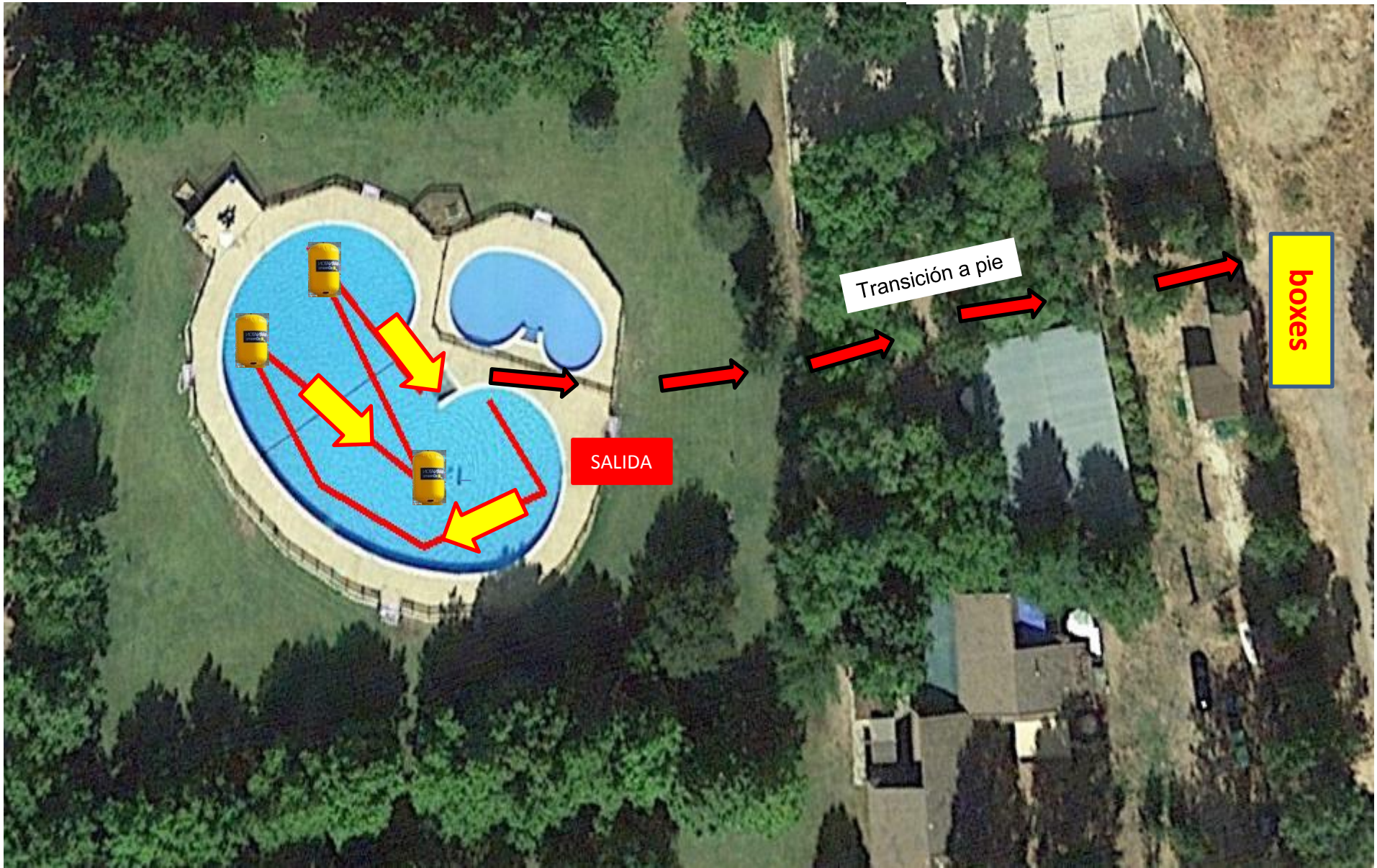
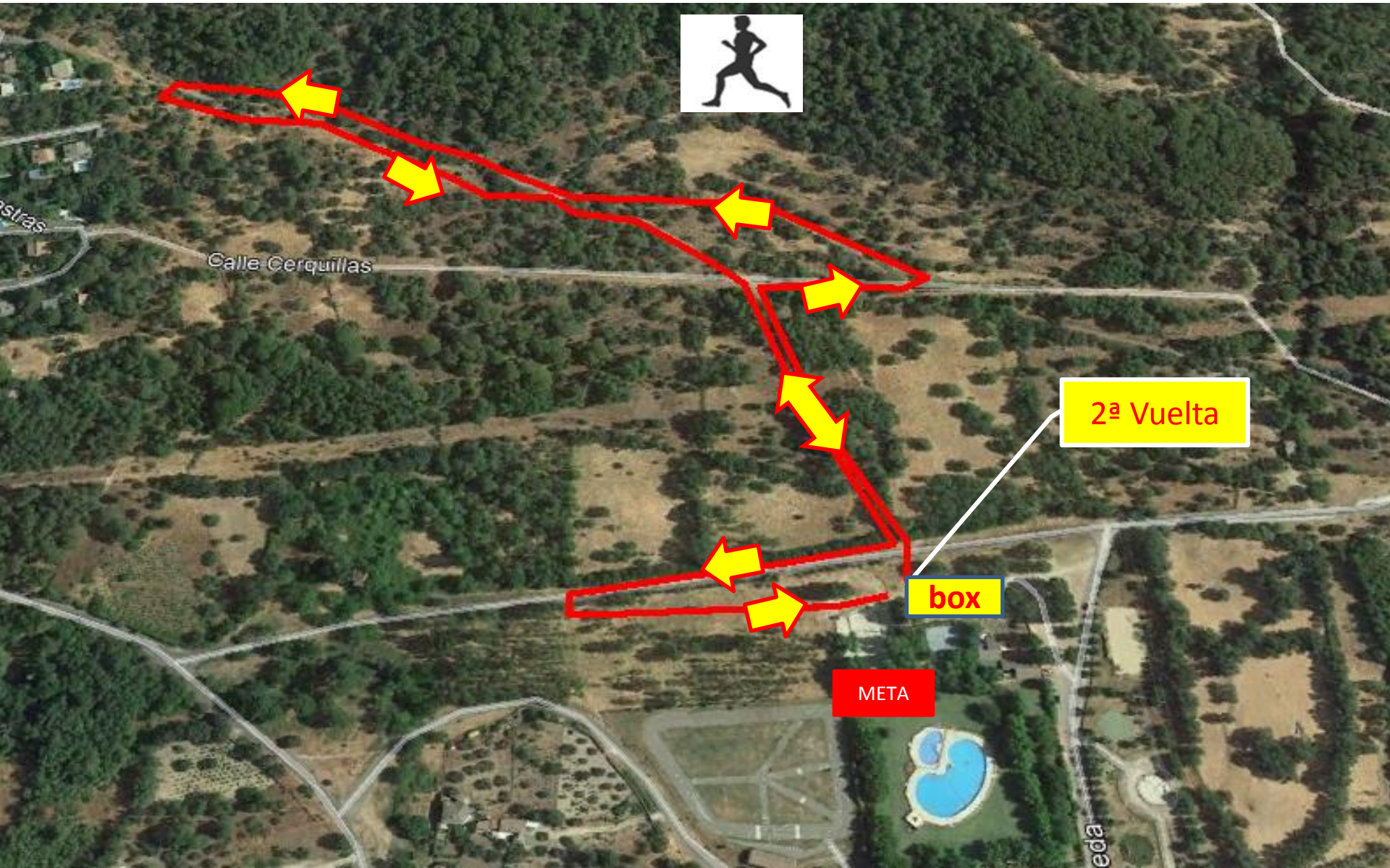
SWIN : 1ª fase : 300 m
(2 vueltas)



BIKE : 2ª fase : 10 KM.
2 vueltas

RUN : 3ª fase : 3 KM.
2 vueltas