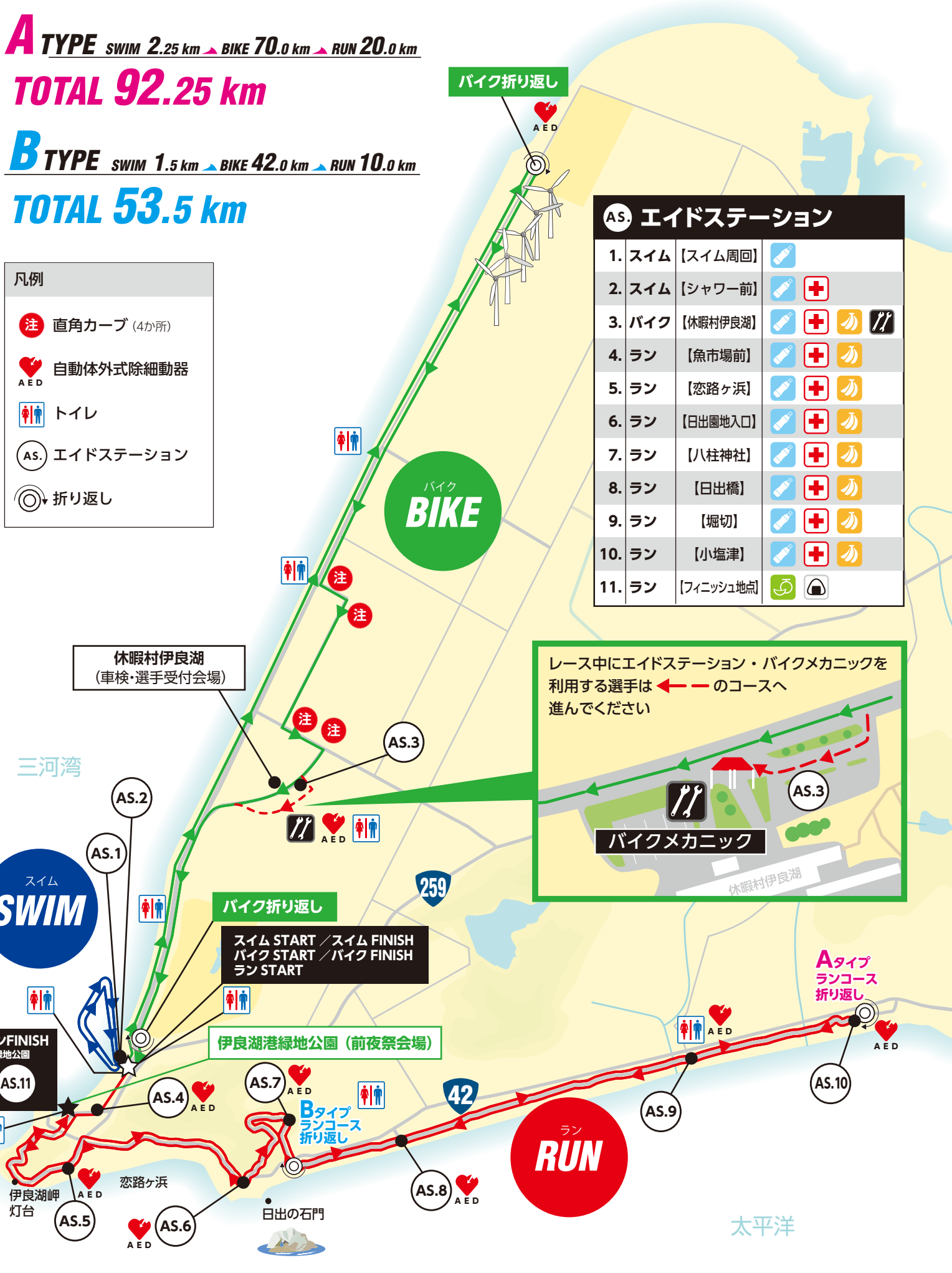
A TYPE SWIM 2.25 km ▲ BIKE 70.0 km ▲ RUN 20.0 km

TOTAL 92.25 km

B TYPE SWIM 1.5 km ▲ BIKE 42.0 km ▲ RUN 10.0 km

TOTAL 53.5 km