

# SWIM COURSE

350 M

Grebnoy Canal  
Krylatskaya st. 2



1. Start
2. Getting out of the water. Relay transfer area
3. Beginning of the cycle stage
4. Coming out of the cycle. Relay transfer area
5. Beginning of the run stage
6. Finish
7. Recovery area

# BIKE COURSE

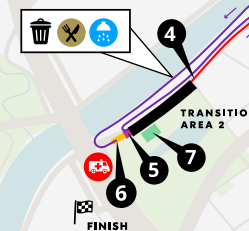
17 KM

Zvenigorodskoe highway 12 km, Sadovoe koltso,  
Savinskaya embankment.  
Entrance to transition area 2 on Novodevichiya  
embankment (before the entrance to Luzhniki).

# RUN COURSE

5 KM

Savinskaya embankment



# SUPERSRINT DISTANCE