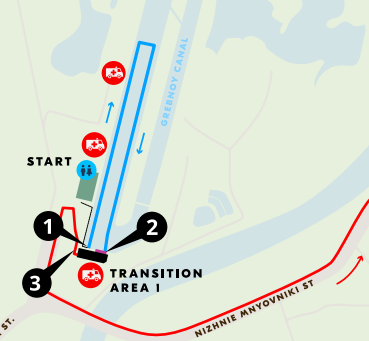


SWIM COURSE

1,9 KM

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

MIDDLE DISTANCE

BIKE COURSE

90 KM

Zvenigorodskoe highway 12 km, Savinskaya embankment, Sadovoe koltso — 3 laps of 26 km each. Entrance to transit area 2 on Novodevichiya embankment (before the entrance to Luzhniki).

RUN COURSE

21 KM

Savinskaya embankment
(4 laps of 5.25 km)

