



BIKE COURSE - 20KM

LEGEND

- Bike Course - 1 Lap
- Transition Area
- Bike Aid Station
- Medical Aid Stations
- Bike Mechanic Stations
- Bike Turn
- From T1, turn right to start bike segment



SUNKEN CEMETERY
T1
OLD CHURCH RUNS

CAMIGUIN CIRCUMFERENTIAL RD
245K

BA1
11.9K



PB
17.3K

T2

BALINTAWAK ST
CAMIGUIN SPORTS COMPLEX

Graph: Min, Avg, Max Elevation: 1, 20, 74 m
Range Totals: Distance: 20 km Elev Gain/Loss: 330 m, -332 m Max Slope: 20.7%, -22.7% Avg Slope: 2.7%, -2.9%





RUN COURSE - 5KM

LEGEND

- Run Course - 1 Lap
- Transition Area
- Run Aid Station
- Run Turn
- Finish Line



Graph: Min, Avg, Max **Elevation: 6, 13, 18 m**
Range Totals: **Distance: 5.18 km** **Elev Gain/Loss: 32.3 m, -31.9 m** **Max Slope: 4.4%, -4.3%** **Avg Slope: 1.2%, -1.2%**



RŌKA



OFFICIAL SWIM SPONSOR



SWIM COURSE - 750M

LEGEND

- Swim Course - 1 Lap
- Turn Around

