

TINMAN

DO YOU HAVE HEART?

PRESENTED BY:



RACE ROUTE MAPS

5/14/2015

MINI: 200m
SPRINT: 600m
CHALLENGE: 1.2km

Distances may vary on the day due to sea conditions for safety reasons.

CHALLENGE EXIT

MINI Tri

SPRINT EXIT

SPRINT &
CHALLENGE TRI

TINMAN
DO YOU HAVE HEART?



ZONE3

Image © 2015 DigitalGlobe

Battery Beach Rd

Snell Pa

Imagery Date: 5/14/2015 29°50'14.84" S 31°02'13.85"



CYCLE ROUTE MAP

Mini: 1 Lap (5.5km)
Sprint: 4 Laps (22km)
Challenge: 8 Laps (42km)





MINI Tri Run Route: 1.25km out / 1.25km Back (2.5km)
Turn Point is by Amphitheater, just past Circus Circus



Graph: Min, Avg, Max **Elevation: 3.8, 9 m**
Range Totals: **Distance: 2.43 km** Elev Gain/Loss: 11.5 m, -11 m Max Slope: 14.8%, -10.6% Avg Slope: 0.9%, -0.9%

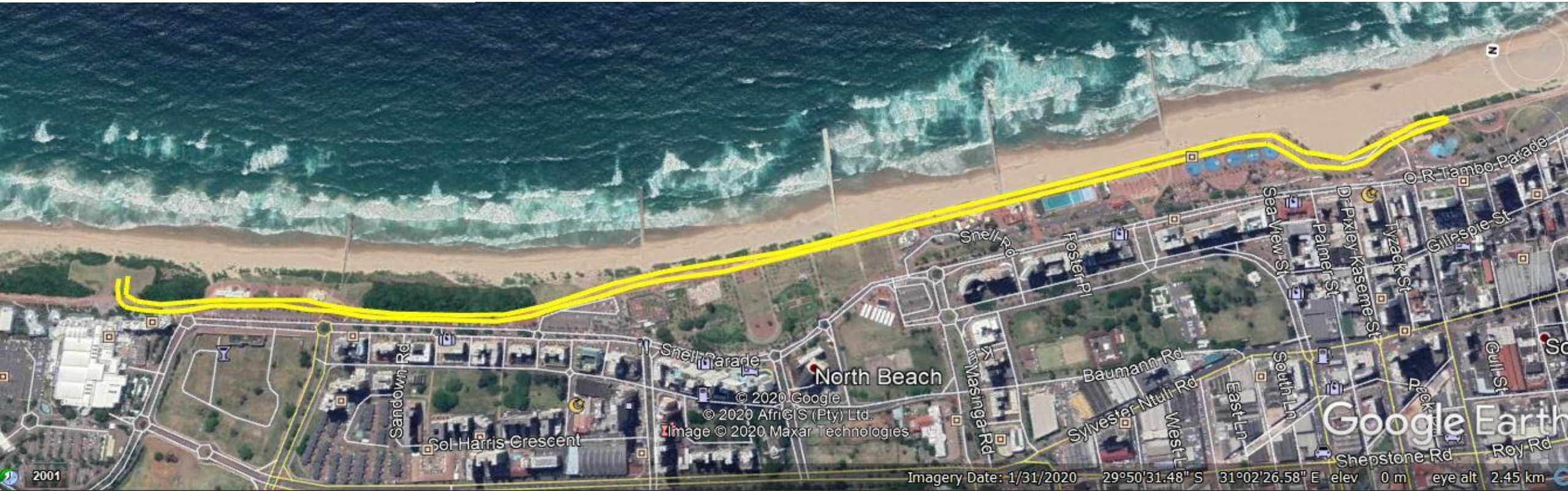




10km Run / Sprint & Challenge Run Route:

2.5km out / 2.5km Back (5km)

Turn Point is by South Beach, just before the Lifesaving tower



Graph: Min, Avg, Max	Elevation: 3, 5, 10 m			
Range Totals:	Distance: 5.06 km	Elev Gain/Loss: 22.8 m, -22.4 m	Max Slope: 6.9%, -7.4%	Avg Slope: 0.7%, -0.7%



TRANSITION AREA

