

Alhandra
paratriathlon
World Cup Portugal

October 10th 2020

COURSES:



780m
1x



880m access
3 laps of 6,200m
470m access



5000m
1x

ALHANDRA

Parking



Paratriathlon
Parking
Access until 9:30



Finish



Transition

Tagus River

200 m



COURSES:



780m
1x



880m access
3 laps of 6,200m
470m access



5000m
1x



ALHANDRA



Transition



Finish



Race Office



Recovery Zone

Tagus River

40m





780m



DISTANCES:



880m access
3 laps of 6,200m
470m access



Mount Line

Transition


Swim Exit


BIKE
880m access
3 laps of 6,200m
470m access

20 m





 Wheel Station



ALHANDRA

Mount Line

 Transition




BIKE
880m access
3 laps of 6,200m
470m access





Transition


BIKE
880m access
3 laps of 6,200m
470m access

ALHANDRA

IP8



Transition

100m



DISTANCES:



5000m



Dismount Line



BIKE
880m access
3 laps of 6,200m
470m access

 Transition





RUN
5 000 m
1 lap


20 m





Transition 

 Aid Station

 Aid Station

Finish 

Return Point





Run



5000m

Run
5 000m
1 lap

A circular callout with a white running icon and text indicating a 5000m run (1 lap).

Penalty Box

A callout with a stopwatch icon and the text 'Penalty Box'.

Aid Station

A callout with a battery icon and the text 'Aid Station'.

Wheel Station

A callout with a wheel icon and the text 'Wheel Station'.

Finish

A callout with a checkered flag icon and the text 'Finish'.

Transition

A callout with a transition area icon and the text 'Transition'.

300 m

A scale bar indicating 300 meters.