

TRIATHLON

Site : Playa De Castillo Grande

Cartagena

The following informations can change. Please check the modifications on our website and directly at the Games Center.

CATEGORIES: Reference date 31st December 2023

A: Under 35 years old

B: From 35 to 44 years old

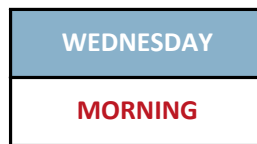
C: From 45 to 54 years old

D: From 55 to 64 years old

E: From 65 to 69 years old

F: 70 years old and over

COMPETITION SCHEDULE:



PRACTICAL INFORMATIONS:

2 distances:

Olympic: 1500 m swimming + 40km cycling + 10 km Running

Sprint: 750 m swimming + 20 km cycling + 5 km running

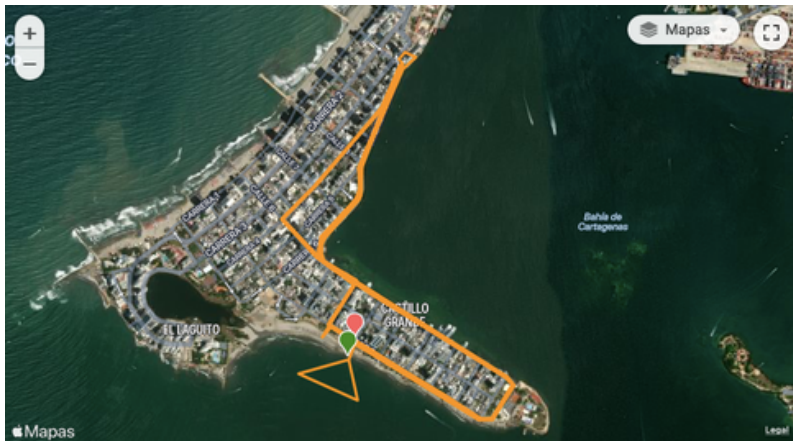
The race organized is a **DRAFT-LEGAL** (drafting) race:

Athletes can draft (stay in a bunch, follow another athlete closely) during the cycling segment. However, it does allow the use of Triathlon bikes, time-trial bikes, disc wheels, tri- spokes, elongated aero helmets and clip on aerobars.

Accompanying persons are allowed

Medals award ceremony directly on site at the end of the event.

Circuit



Distance: 26,44 km

Technical difficulty: difficult

Positive elevation: 185m

Negative elevation: 185m

Maximum altitude: 13m

Minimum altitude: 0m

Trailrank: 3

Type of route: circular

The Triathlon starts with the Swimming race from the beaches of Castillo Grande, continues with the Cycling race from the beaches of Castillo Grande through the bay of Boca Grande, and ends with the Athletics race on the same route of Castillo Grande and the beaches of Boca Grande which will be done in one lap. The race has a distance of 26.44 km with a moderate difficulty.