



Burnie 10
Run – 10km

Standard Duathlon
Run – 10km
Bike – 40km
Run – 5km

Sprint Duathlon
Run – 5km
Bike – 20km
Run – 2.5km

1 lap = 2.5km (inc pit lane)

All run laps use outside of track including pit lane

All bike laps use inside of track only using pit lane to start and finish bike leg

