

Ironman Run Course : 42.2km



- The course consists of 3 laps. First lap: 18.66 km. Second and third laps: 11.80 km.
- There are five Aid Stations; no personal feed bags are allowed, but special food and drinks can be handed in Saturday morning between 05.00am and 06.30am, to be placed on the first Aid Station.
- Remember to collect your wristband at the end of each lap. Cut off time 17 hrs after race start.