



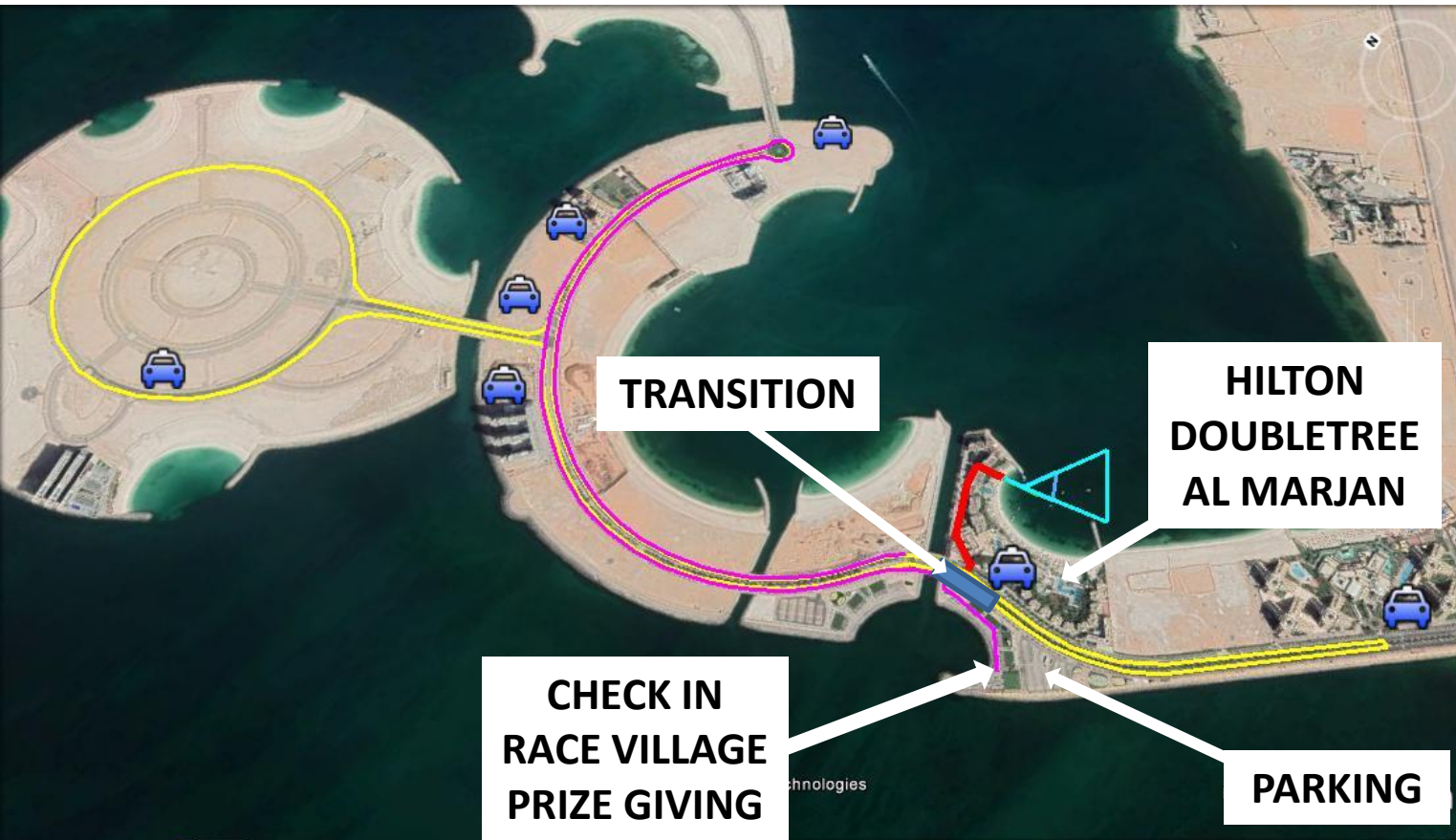
TRIATHLON ***RAS AL KHAIMAH***

COURSE MAPS 2020



TRIATHLON RAS AL KHAIMAH

FULL COURSE OVERVIEW



AQUA
Swim Course

RED
Swim to
Transition Area

BLUE
Transition Area

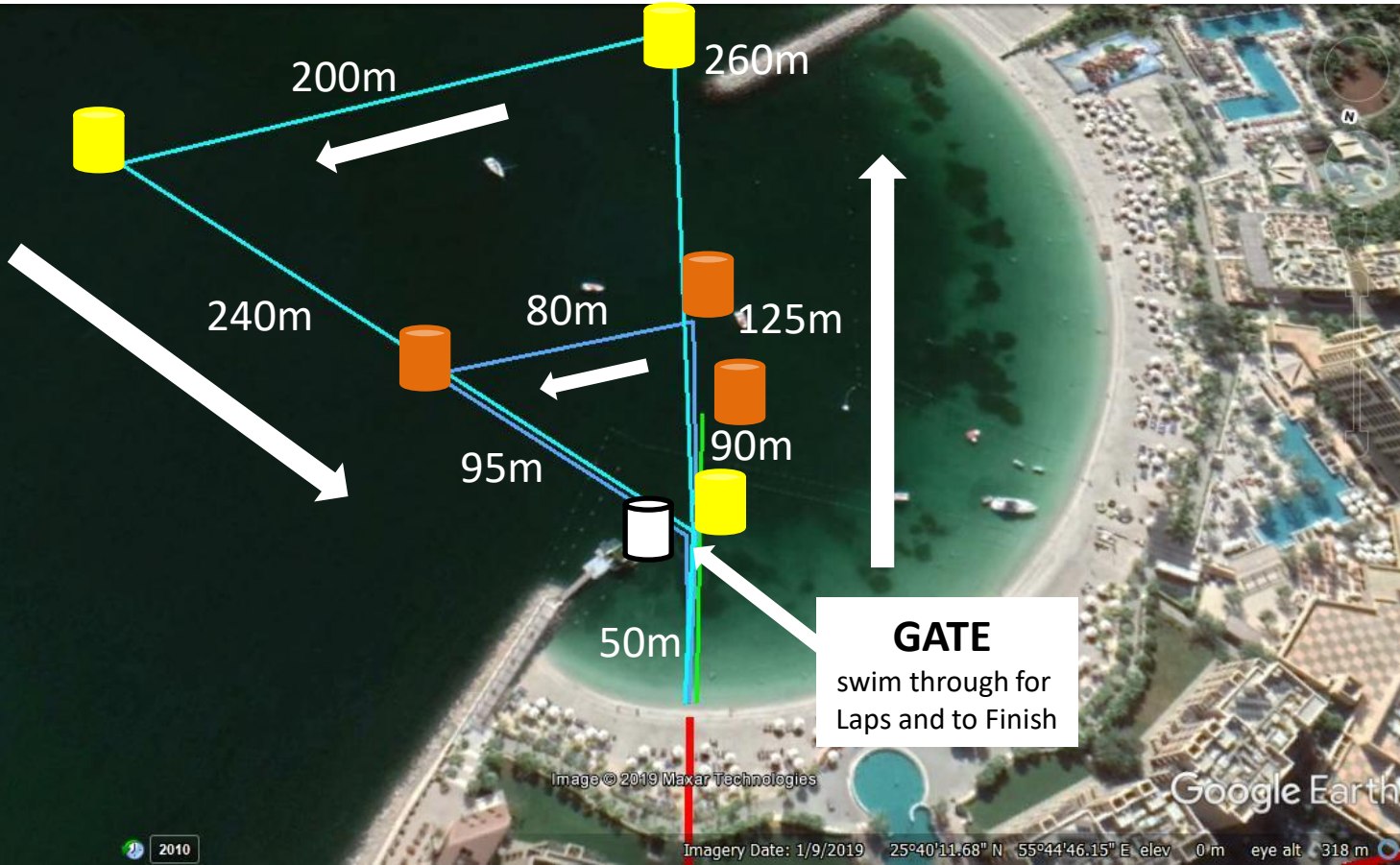
YELLOW
Bike Course

PINK
Run Course



TRIATHLON RAS AL KHAIMAH

SWIM COURSE OVERVIEW



OLYMPIC - AQUA
2 x 750m swim
(around yellow bouys)

SPRINT - AQUA
1 x 750m swim
(around yellow bouys)

SUPER SPRINT
PURPLE
1 x 375m swim
(around orange bouys)

JR. SUPER SPRINT
GREEN
1 x 180m swim
(around 1st orange
bouy and back)



TRIATHLON RAS AL KHAIMAH

TRANSITION OVERVIEW



RED

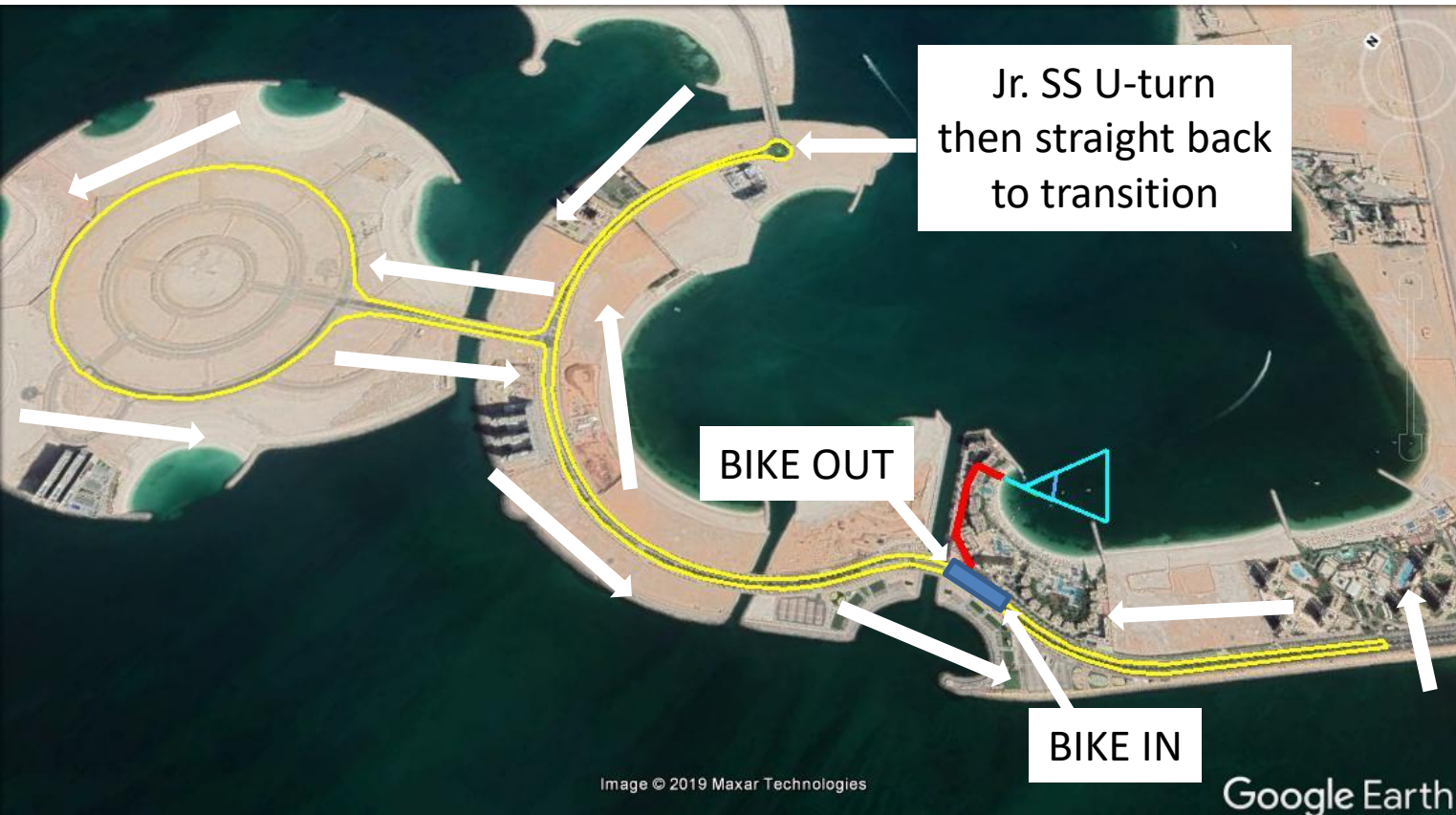
Transition
380m from waters
edge to BIKE IN

Bike racking in the
main road outside
hotel property



TRIATHLON RAS AL KHAIMAH

BIKE COURSE OVERVIEW



YELLOW
10km loop

OLYMPIC
40km = 4 laps

SPRINT
20km = 2 laps

SUPER SPRINT
10km = 1 lap

JR. SUPER SPRINT
7.5km = 3/4 lap

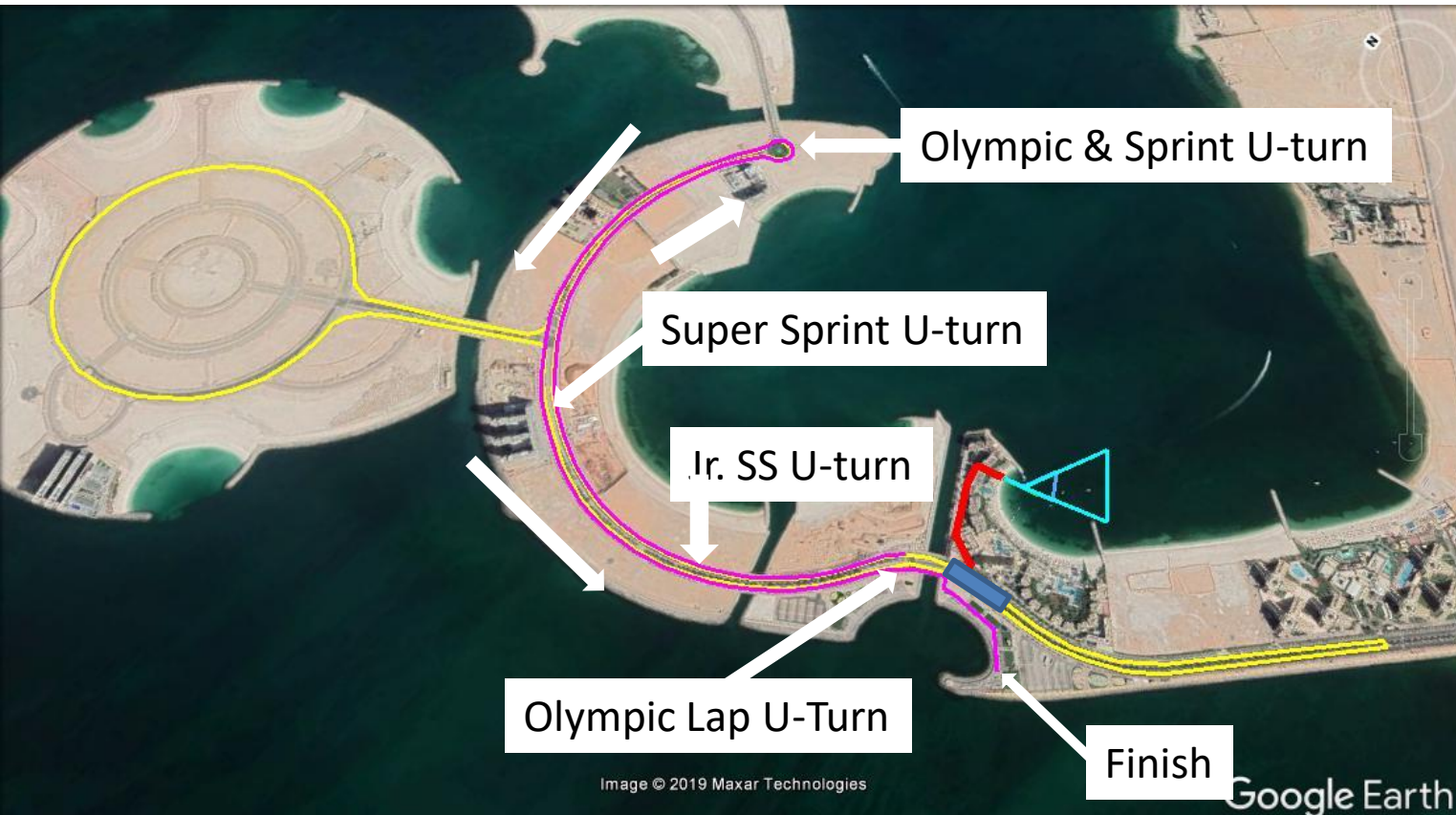
Image © 2019 Maxar Technologies

Google Earth



TRIATHLON RAS AL KHAIMAH

RUN COURSE OVERVIEW



PINK
5km loop

OLYMPIC
10km = 2 laps

SPRINT
5km = 1 lap

SUPER SPRINT
2.5km = ½ lap

JR. SUPER SPRINT
1.25km = ¼ lap