



DUATHLON CHINA 2008

RUN COURSE

Description

1st 5km Run

- 0K STRAIGHT ahead onto 1st Huan Hu West Road
- 1.5K RIGHT after the 2nd bridge
- 2.5K U - TURN at the 3rd bridge
- 3.5K LEFT at the 2nd bridge
- 5.0K STRAIGHT into the transition area

Run Course Snap Shot:

The run course is a go-and-back route along the lake, on the pavement of 1st Huan Hu West Road. Athletes will cross two bridges before get to the U-Turn at the third bridge [2.5km]. Water station can be found at 1.5km and 2.5km. Athletes should follow exactly the same route when they turn back at 2.5km. Shortcut is NOT allowed.

Duathlon China 2008
Dishui Lake
Run Course: 5km/loops

Start

Transition

U-Turn

- Water station
- Run course
- Run Direction

