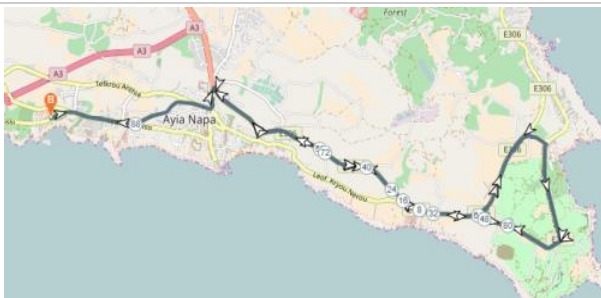


1.9/90/21 - SWIM

The athletes start from the shore. The course consists of 2 laps around buoys B1,B2,B3,B4,B5 (anticlockwise)

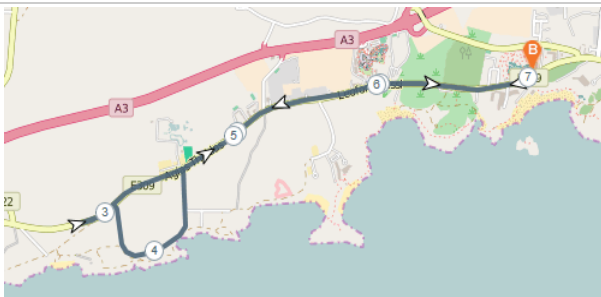
[map](#)



1.9/90/21 - BIKE

The cycling course is one of the fastest among triathlon events. The first part of the route and until Km 3.6, runs through a populated area. This part of the course is done twice, once on the way out and once on the way back. The rest of the route consists of 5 laps of about 16.5Km. Drafting is prohibited!

[map](#)
[course video](#)



1.9/90/21 - RUN

The running course is very fast and spectacular. It runs along the coastal road from "Nissi Beach Resort" due west. It consists of 3 laps 7Km each.

[map](#)



1.5/40/10 & 0.75/20/5 - SWIM

The course consists of 2 laps for the Triathlon distance and 1 lap for the Sprint distance around buoys B1,B4,B5 (anticlockwise)

[map 1.5Km](#)
[map 0.75Km](#)



1.5/40/10 & 0.75/20/5 - BIKE

The first part of the cycling course and until Km 3.6, runs through a populated area. This part of the course is done twice, once on the way out and once on the way back. The rest of the route consists of 2 laps for the Triathlon distance and 1 lap for the Sprint distance. Drafting is prohibited!

[map 40Km](#)
[map 23.7Km](#)
[course video](#)



1.5/40/10 & 0.75/20/5 - RUN

The run is a fast flat course between "Nissi Beach Resort" and Ayia Thekla. It consists of 2 laps of 5Km for the Triathlon distance and 1 lap of 5Km for the Sprint distance.

[map 10Km](#)
[map 5Km](#)