

Ironman Bike Course : 180.2km

● Start / Finish

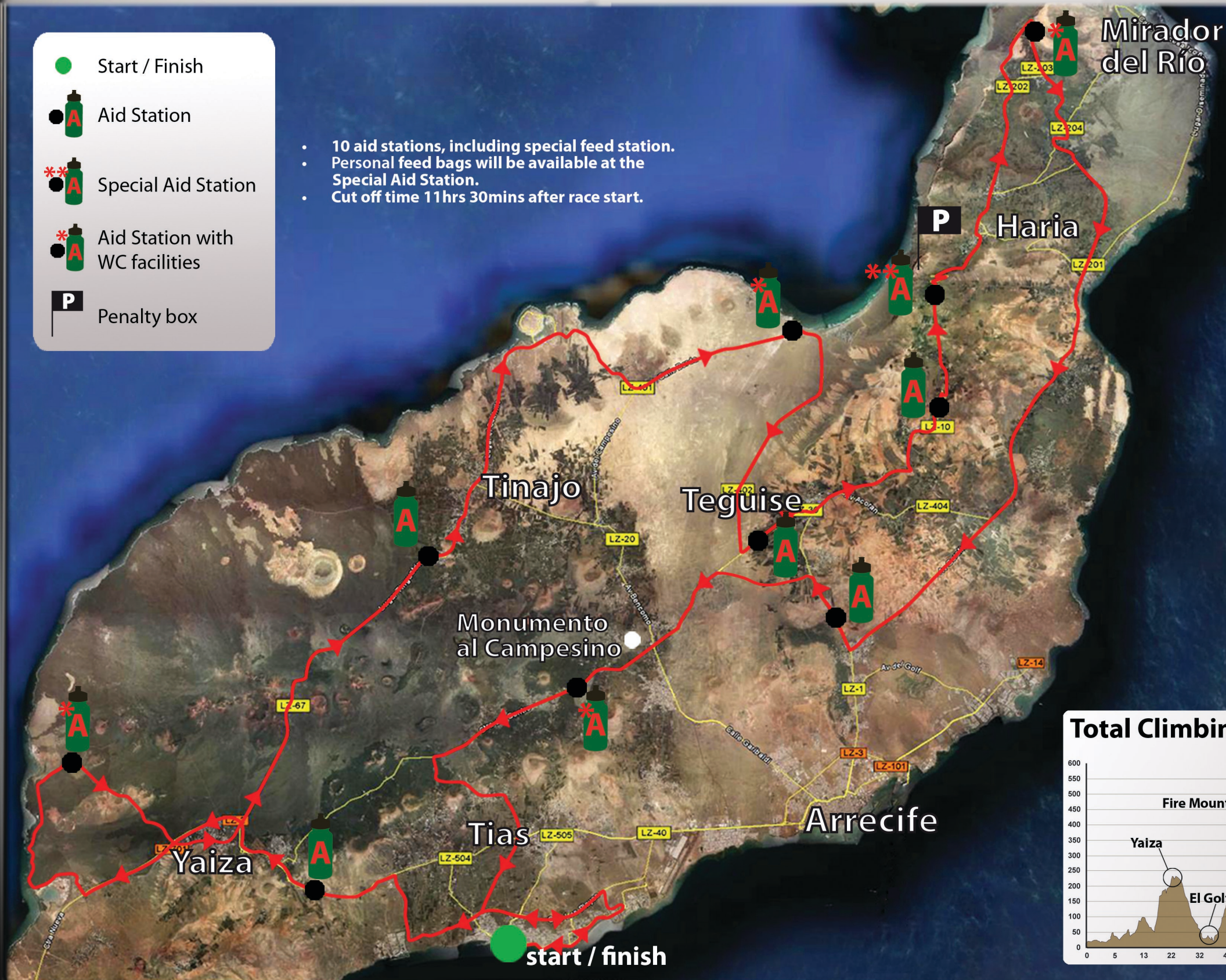
● A Aid Station

●* A Special Aid Station

●* A Aid Station with WC facilities

■ P Penalty box

- 10 aid stations, including special feed station.
- Personal feed bags will be available at the Special Aid Station.
- Cut off time 11hrs 30mins after race start.



Estimated times of bikes passing:

Bike departure Puerto del Carmen:	07:50
Yaiza:	08:25
El Golfo:	08:55
Tinajo:	09:35
Famara:	10:00
Tegui:	10:25
Mirador del Haria:	10:55
Mirador del Río:	11:25
Arrieta:	11:45
Tahiche:	12:05
Tegui:	12:15
Puerto del Carmen:	13:00

Total Climbing 2551m

