

Wave Starts		Timing Point		1st W		Rolling Start					
		T		AG first		AG Last		INIZIO CHIUSURA		FINE CHIUSURA	
		Transition open / closes		6:00 AM		7:30 AM					
		Sunrise		6:57 AM							
		Sunset		7:09 PM							
mi km											
START		T		1st / L		14:00 14:15					
0,311 0,5				00:15		2:06 PM 2:30 PM					
1,181 1,9						2:23 PM 3:15 PM					
1,181 1,9		T		00:51		14:23 15:15				15:15	
						4,9 1,9					
						00:01:33 00:04:00					
						00:23 01:00				Swim Cut off 1 hour	
						00:03 00:10					
0 0,0		T		S1		00:58 2:26 PM 3:25 PM		10:30 AM 6:30 PM		15:25	
0,621 1,0		SC		Viale Tritone		01:00 2:27 PM 3:27 PM		10:30 AM 6:30 PM			
3,107 5,0		SP		SS 71 bis / Via Bollana		01:05 2:32 PM 3:38 PM		10:30 AM 6:30 PM			
6,214 10,0		SP		SP 6 / Cervara		01:12 2:39 PM 3:52 PM		10:30 AM 6:30 PM			
9,321 15,0		SP		SP 254 R di Cervia		01:19 2:46 PM 4:05 PM		10:30 AM 6:30 PM			
9,88 15,9		SP		Via Castiglione		01:20 2:47 PM 4:08 PM		10:30 AM 6:30 PM			
11,81 19,0		SP		SP 254 / Via Bagnolo		01:25 2:51 PM 4:16 PM		10:30 AM 6:30 PM			
								10:30 AM 6:30 PM			
15,53 25,0		S1		Sp 254		01:33 2:59 PM 4:33 PM		10:30 AM 6:30 PM			
18,64 30,0		SS		Via Cervara		01:40 3:06 PM 4:46 PM		10:30 AM 6:30 PM			
21,75 35,0		SP		Sp 71 Bis / Via Bollana		01:47 3:12 PM 5:00 PM		10:30 AM 6:30 PM			
24,23 39,0		SC		Via Edmondo De Amicis		01:53 3:18 PM 5:11 PM		10:30 AM 6:30 PM			
24,2 39,0		T		S7		01:53 3:18 PM 5:11 PM		10:30 AM 6:30 PM		7:45 PM	
						45 22					
						00:52 01:46					
						01:18 02:56				Swim + Bike Cut off 5hrs 30mins	
						00:02 00:10					
0 0				T2 transition time							
0 0,0				TRANSITION 2		02:01 3:20 PM 5:21 PM				7:55 PM	
0,621 1,0		SC		Lungomare Deledda		02:01 3:20 PM 5:21 PM		1:00 PM 8:30 PM			
1,118 1,8		SC		Lungomare Deledda		02:04 3:24 PM 5:28 PM		1:00 PM 8:30 PM			
1,243 2,0		SC		Via Roma		02:06 3:27 PM 5:34 PM		1:00 PM 8:30 PM			
1,864 3,0		SC		Via Roma		02:07 3:28 PM 5:36 PM		1:00 PM 8:30 PM			
2,485 4,0		SC		Via Nazario Sauro		02:10 3:33 PM 5:43 PM		1:00 PM 8:30 PM			
2,796 4,5		SC		Lungomare Grazie Deledda		02:13 3:37 PM 5:51 PM		1:00 PM 8:30 PM			
6,214 10,0		SC		Rotonda Grazia Deledda		02:15 3:39 PM 5:55 PM		1:00 PM 8:30 PM			
						02:33 4:03 PM 6:36 PM		1:00 PM 8:30 PM			
6,214 10		T		Finish Line		02:25 4:01 PM 6:26 PM				10:45 PM	
						14,00 8,00					
						0:04:05 0:06:30					
						00:40 01:05					
						02:01 04:11				04:11 Final Cut off 8hrs 30min	