

IM 70.3 ITALY EMILIA ROMAGNA 21/9/2025

Wave Starts				1st W		Rolling Start		INIZIO CHIUSURA	FINE CHIUSURA	Advertised Cut Offs
Timing Point				AG first		AG Last				
Transition open / closes				6:00 AM		7:30 AM				
Sunrise				6:57 AM						
Sunset				7:09 PM						
mi	km									
START				1st / L						
0,311	0,5			00:56		12:00	12:56			Nota: Cal intentar que el darrer començi abans de les 08:55 per poder acabar bike course abans.
1,181	1,9					12:06 PM	1:15 PM			
						12:23 PM	2:06 PM			
1,181	1,9	T	Swim Finish	01:43		12:23	14:06			13:56
swim speed - kph						4.8	1.62			
swim pace 100m						00:01:13	00:03:42			
total swim time						00:23	01:10	Swim Cut off 1:10 hour		
T1 transition time						00:03	00:15			
0	0,0	T	S1 TRANSITION 1	01:55		12:26 PM	2:21 PM	10:30 AM	6:30 PM	14:06
0,621	1,0		SC Viale Tritone	01:56		12:27 PM	2:24 PM	10:30 AM	6:30 PM	
3,107	5,0		SP SS 71 bis / Via Bollana	02:02		12:33 PM	2:35 PM	10:30 AM	6:30 PM	
6,214	10,0		SP SP 6 / Cervara	02:08		12:40 PM	2:49 PM	10:30 AM	6:30 PM	
9,321	15,0		SP SP 254 R di Cervia	02:15		12:47 PM	3:02 PM	10:30 AM	6:30 PM	
9,88	15,9		SP SP 254 R di Cervia	02:16		12:48 PM	3:05 PM	10:30 AM	6:30 PM	11:00
12,43	20,0		SP Ingresso Casemurate SS 3 bis / E55	02:22		12:54 PM	3:16 PM	10:30 AM	6:30 PM	
15,53	25,0		S1 SS 3 bis / E55 lato direzione sud	02:28	Altezza Via Benzi	1:01 PM	3:30 PM	10:30 AM	6:30 PM	POLIZIA LOCALE 12.10
18,64	30,0		SS Uscita Cesena Secante	02:35		1:08 PM	3:43 PM	10:30 AM	6:30 PM	POSTED CUT OFF RACE TIME
21,75	35,0		SP Via Santa Croce	02:42		1:15 PM	3:57 PM	10:30 AM	6:30 PM	TIME To km 35 #Rf!
24,85	40,0		SC Via Papa Giovanni XIII	02:48	Ingresso Centro Storico Forlimpopoli	1:22 PM	4:10 PM	10:30 AM	6:30 PM	
27,96	45,0		SC Via Badia	02:55	Ingresso Centro Storico Bertinoro	1:29 PM	4:24 PM	10:30 AM	6:30 PM	
31,07	50,0		SP SP 39 / Via Cellaimo	03:02	Via Emilia per Cesena	1:36 PM	4:38 PM	10:30 AM	6:30 PM	
34,18	55,0		SP Via Santa Croce	03:08		1:43 PM	4:51 PM	10:30 AM	6:30 PM	
37,28	60,0		SS Ingresso Cesena Secante	03:15		1:49 PM	5:05 PM	11:00 AM	6:00 PM	
40,39	65,0		SS SS 3 bis / E55 direzione nord	03:22	Altezza Via Benzi	1:56 PM	5:19 PM	11:00 AM	6:00 PM	
43,5	70,0		SS Uscita Casemurate	03:28		2:03 PM	5:32 PM	10:30 AM	6:30 PM	
46,6	75,0		SS SP 254 / Via Salara Statale	03:35		2:10 PM	5:46 PM	10:30 AM	6:30 PM	
49,71	80,0		SS Via Cervara	03:42		2:17 PM	6:00 PM	10:30 AM	6:30 PM	
50,95	82,0		SP Via Cervara	03:44	Ingresso in Villa Inferno	2:20 PM	6:05 PM	10:30 AM	6:30 PM	
52,82	85,0		SP Sp 71 bis	03:48	Ingresso in Cervia	2:24 PM	6:13 PM	10:30 AM	6:30 PM	
55,92	90,0		SC Via Edmondo De Amicis	03:55	Fine percorso Bike	2:31 PM	6:27 PM	10:30 AM	6:30 PM	
55,9	90,0	T	S7 TRANSITION 2	03:55		2:31 PM	6:27 PM	10:30 AM	6:30 PM	6:26 PM
bike speed - kph						43	22			05:30
total bike time						02:05	04:05			
swim + bike						02:31	05:30	Swim + Bike Cut off 5hrs 30mins		
T2 transition time						00:02	00:10			
0	0		TRANSITION 2	04:03		2:33 PM	6:37 PM			6:36 PM
0	0,0		SC Lungomare Deledda	04:03		2:33 PM	6:37 PM	1:00 PM	8:30 PM	
0,621	1,0		SC Lungomare Deledda	04:06		2:37 PM	6:44 PM	1:00 PM	8:30 PM	
1,118	1,8		SC Via Roma	04:09	Aid Station 1	2:40 PM	6:50 PM	1:00 PM	8:30 PM	
1,243	2,0		SC Via Roma	04:10		2:41 PM	6:51 PM	1:00 PM	8:30 PM	
1,864	3,0		SC Via Oriani	04:13		2:45 PM	6:58 PM	1:00 PM	8:30 PM	
2,485	4,0		SC Viale Due Giugno	04:17	Via Domenico Cimarosa	2:48 PM	7:06 PM	1:00 PM	8:30 PM	
2,548	4,1		SC Viale Due Giugno	04:17		2:49 PM	7:06 PM	1:00 PM	8:30 PM	
3,107	5,0		SC Viale Giuseppe Parini	04:20		2:52 PM	7:13 PM	1:00 PM	8:30 PM	
3,604	5,8		SC Via Lungomare Gabriele D'annunzio	04:23	Aid Station 3	2:55 PM	7:19 PM	1:00 PM	8:30 PM	
3,728	6,0		SC Via Lungomare Gabriele D'annunzio	04:24		2:56 PM	7:20 PM	1:00 PM	8:30 PM	
4,35	7,0		SC Rotonda Grazia Deledda	04:27		3:00 PM	7:27 PM	1:00 PM	8:30 PM	
4,412	7,1		SC	04:27		3:00 PM	7:28 PM	1:00 PM	8:30 PM	
8,823	14,2		SC	04:52		3:27 PM	8:19 PM	1:00 PM	8:30 PM	Cut off intermedio ore 8:15
13,05	21	T	Finish Line	05:07		3:50 PM	8:58 PM			9:26 PM
run speed - kph						16,00	8,35			08:01
run pace 1km						0:03:38	0:06:41			
total run time						01:16	02:20			
total swim, cycle, run time						03:50	08:01	Final Cut off 8hrs		