



Dublin Bay

Dun Laoghaire Harbour

3 loops

FINISH

START

13 mi

11 mi

7 mi

8 mi

12 mi

3 mi

10 mi

6 mi

5 mi

4 mi

2 mi

1 mi

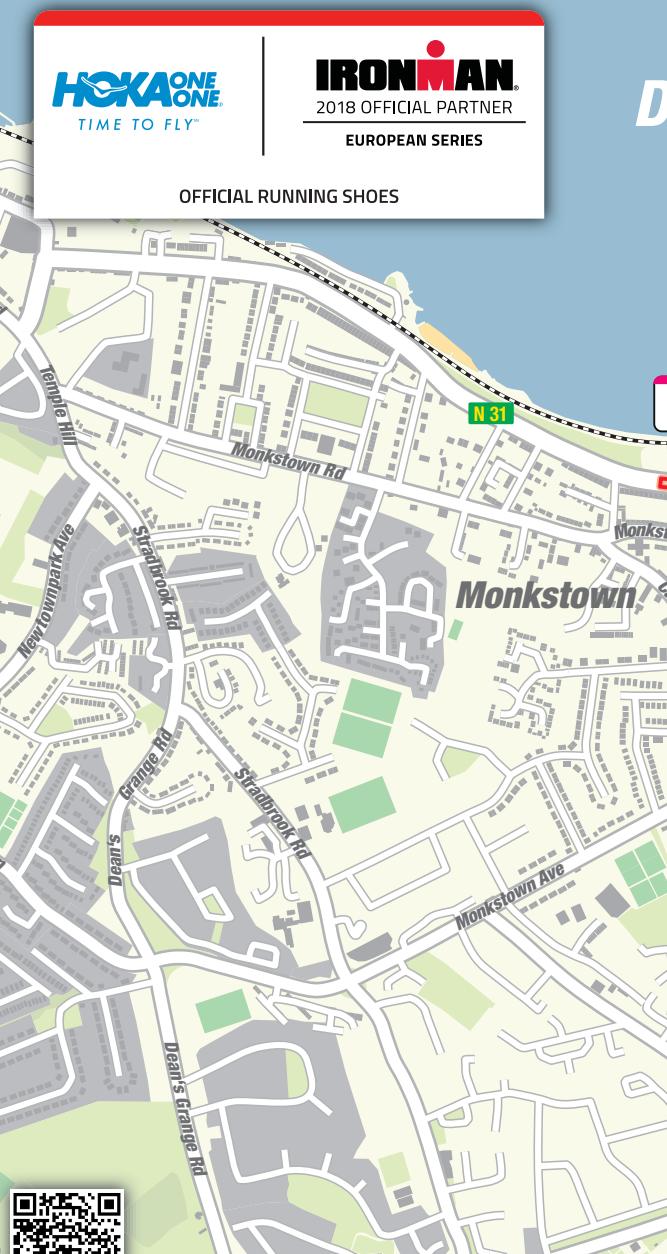
9 mi

transition

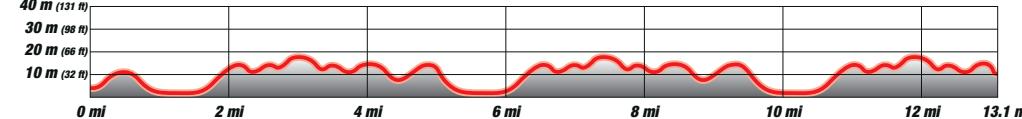
run out

bike in

0 mi



13.1 mi - 130 m (426 ft) altitude difference



Swim course

Bike course

Run course

6 Miles

Feed station

Energy Station