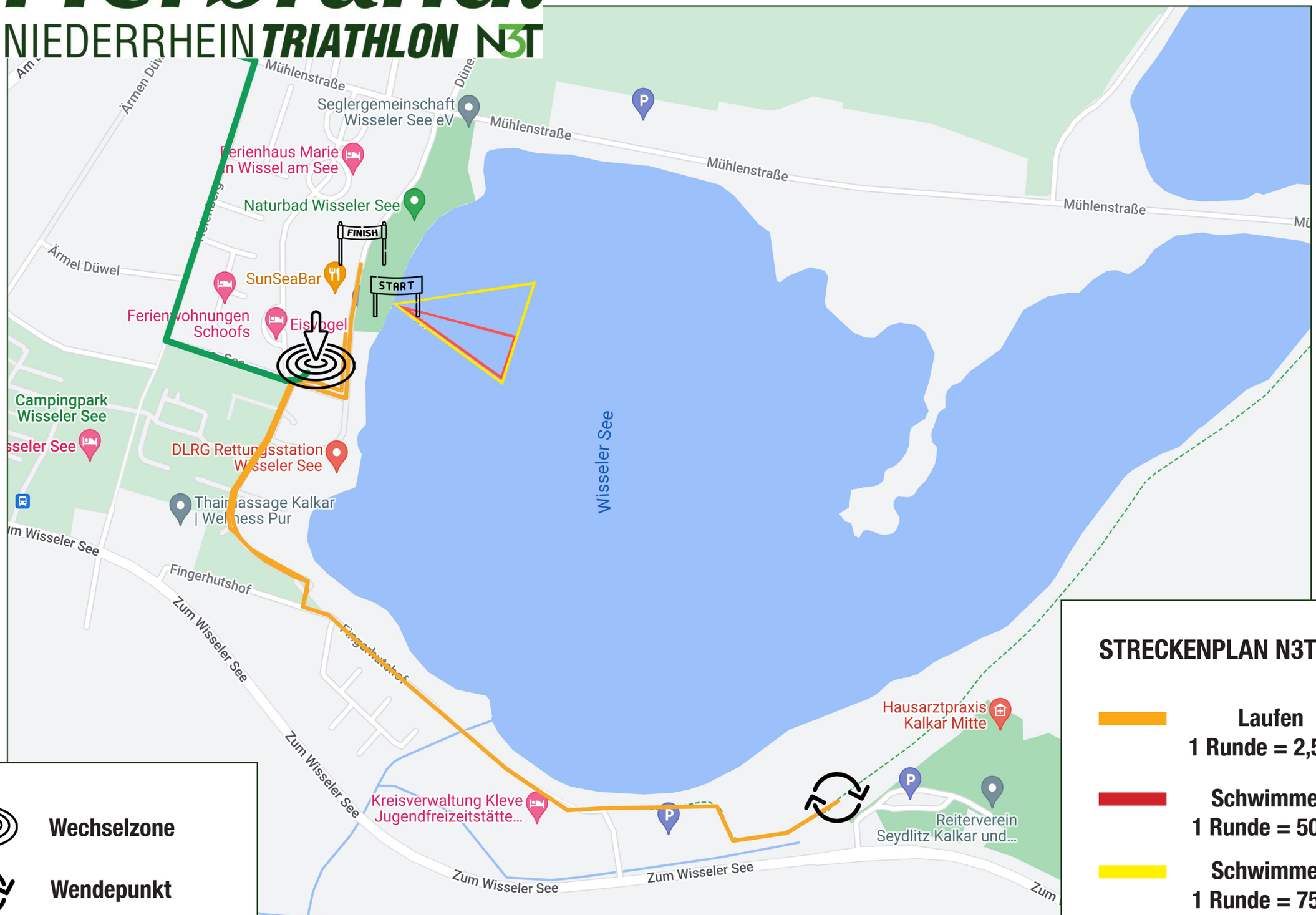
Herbrand.

NIEDERRHEIN TRIATHLON N3T



Wechselzone

Wendepunkt

STRECKENPLAN N3T 2024

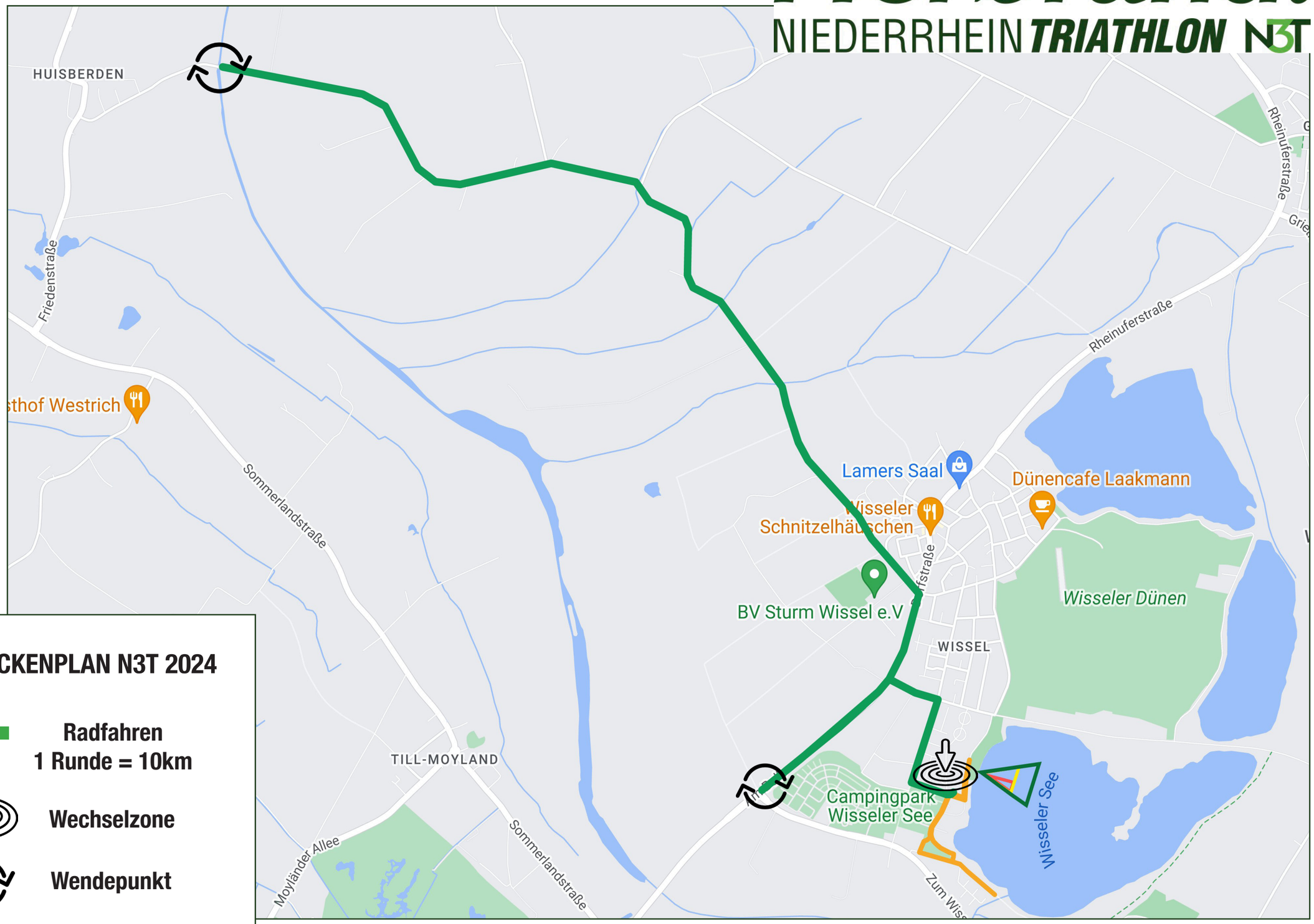
Laufen
1 Runde = 2,5km

Schwimmen
1 Runde = 500m

Schwimmen
1 Runde = 750m

Herbrand.

NIEDERRHEIN TRIATHLON N3T



STRECKENPLAN N3T 2024

Radfahren
1 Runde = 10km

Wechselzone

Wendepunkt