

THE BELGIAN DOUBLE TRIATHLON

PARCOURS BESCHRIJVING SPRINT TRIATHLON

SECTION #1	SWIMMING	SAS TILDONK			
	START	PONTON			
		DISTANCE	=>	0,125Km x 2 = ONE (1) LOOP	
		DIRECTION	=>	KAMPENHOUT	
		TOTAL	=>	0,500Km	= TWO (2) LOOPS
	FINISH	PONTON			
NOTE	SAFETY	ONE (1) RIB ONE (1) DIVER THREE (3) BUOYS ONE (1) TURNING BUOY		P/250 0,125Km	
SECTION #2	BIKING	SAS TILDONK			
		DISTANCE	=>	5,1075Km x 2 = ONE (1) LOOP	
	START	PONTOON	=>	TUNNEL =>	F8 BICYCLE PATH (SECURED)
		RICHTING	=>	WIJGMAAL	
		TOTAAL	=>	10,600Km	
FINISH	BRUG TILDONK	=>	TUNNEL =>	BIKE RACKS / FIETSREKKEN	
SECTION #3	RUN	START	=>	PONTON =>	TILDONK BRIDGE
		DIRECTION	=>	VAARTDIJK	0,190Km
		DISTANCE	=>		4,680Km
		TOTAL	=>		4,680Km
			=>	LEFT	KASTEELDREEF => RAILWAY CROSSING
			=>	LEFT	CAUBERGSTRAAT
			=>	LEFT	BROUWERIJ HOF TEN DORMAAL
			=>	LEFT	WAKKERZEELSESTRAAT = 75m
			=>	RIGHT	BRUGSTRAAT
			=>	LEFT	SINT-ANTONIUS van PADUA SPORTVELD
FINISH	=>	SPORT CENTRUM "DEN DIJK" (ATHLETIC TRACK)			

IMPORTANT NOTE FOR DETAILED TRACK INFORMATION: SEE VIDEO

SPRINT				
	Number	Section (Km)	Total	Cumulative
LOPEN				
Run to sport centre "Den Dijk"	1	4,680	4,680	4,680
Loops (athletic track)	1	0,320	5	5
FIETSEN				
transit ponton tot F8	1	0,19	0,19	0,19
bike loops	2	9,98	19,96	20,15
transit F8 TO bike station	1	0,19	0,19	20,34