

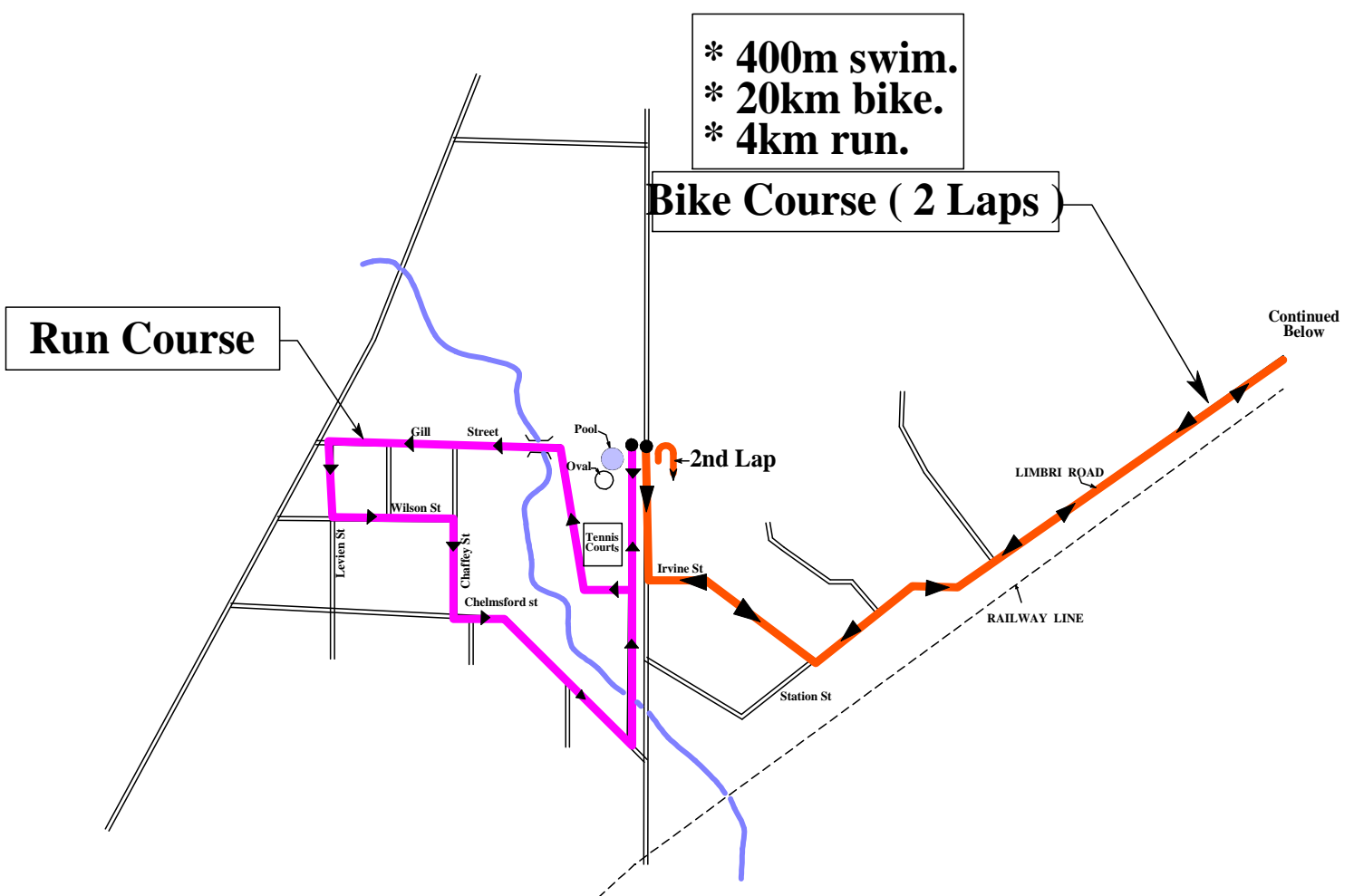
# KOOTINGAL SUNDAY "LONG" COURSE

- \* 400m swim.
- \* 20km bike.
- \* 4km run.

## Bike Course ( 2 Laps )

## Run Course

Continued Below



## Bike Course ( 2 Laps )

