

**The time limit for the completion of the individual sections of the, swimming, cycling and running course of Enea IRONMAN 70.3 Gdynia**

Time limits:

Swim: 1 hour

Swim + Bike : 5 hours

Swim + Bike + Run: 8 hours

To be classified at the Enea IRONMAN 70.3 Gdynia, all disciplines must be finished under 8 hours.

*The time of completing the route sections is counted from the moment the athlete starts the swimming.*

Route point (km)	Route point description	Limit (HH:MM)	Notes.
Swim – 1900 m	Swimming finish line	01:00	Swimming course completion limit
Transistion Zone (T1)	Leaving T1 zone	01:10	After this time you will not be able to continue the race.
Bike – 35,5 km	Kłosówko, crossroads Kopniewska i Szemudzka	02:55	After this time you will not be able to continue the race.
Bike - 44,75 km	Szemud, crossroads ks. Tomaszewskiego i Wejherowska	03:25	After this time you will not be able to continue the race.
Bike - 53 km	Sopieszyno	03:43	After this time you will not be able to continue the race.
Bike – 90 km	Arrival to T2 zone	05:00	Completion limit for the swimming and cycling stages
Transistion Zone (T2)	Leaving T2 zone	05:10	After this time you will not be able to continue the race.
Run – 21,1 km	Finish line	08:00	Completion limit for the swimming, cycling and running stages, after this time there will be a disqualification

## The time limit for the completion of the individual sections of the, swimming, cycling and running course of Enea IRONMAN Gdynia

Time limits:

Swim: 2 hours 20 minutes

Swim + Bike : 10 hours 30 minutes

Swim + Bike + Run: 16 hours

To be classified at the Enea IRONMAN Gdynia, all disciplines must be finished under 16 hours.

*The time of completing the route sections is counted from the moment the athlete starts the swimming.*

Route point (km)	Route point description	Limit (HH:MM)	Notes.
Swim – 3800 m	Swimming finish line	02:20	Swimming course completion limit
Transition Zone (T1)	Leaving T1 zone	02:30	After this time you will not be able to continue the race.
Bike – 90,8 km	Koleczkowo, entry to the second loop of the route	07:00	After this time you will not be able to continue the race.
Bike - 97 km	Karczemki	07:13	After this time you will not be able to continue the race.
Bike - 112,3 km	Wilanowo, crossroads Górnej i DW 224	07:50	After this time you will not be able to continue the race.
Bike – 125 km	Pobłocie, roundabout	08:20	After this time you will not be able to continue the race.
Bike – 140,8 km	Gowino, crossroads Wejherowska i Brzozowa	08:57	After this time you will not be able to continue the race.
Bike – 148,15 km	Crossroads DW 224 i DW 218	09:13	After this time you will not be able to continue the race.
Bike – 161 km	Koleczkowo, back on the street Chylońską	09:43	After this time you will not be able to continue the race.
Bike – 171,7 km	Gdynia, entrance to the street Morską	10:04	After this time you will not be able to continue the race.

Bike – 180 km	Arrival to T2 zone	10:30	Completion limit for the swimming and cycling stages
Transition Zone (T2)	Leaving T2 zone	10:40	After this time you will not be able to continue the race.
Run – 32,4 km	Gdynia, alley Topolowej and alley Jana Pawła II, fourth loop	14:55	After this time you will not be able to continue the race.
Run – 42,2 km	Finish line	16:00	Completion limit for the swimming, cycling and running stages, after this time there will be a disqualification

**The time limit for the completion of the individual sections of the, swimming, cycling and running course of Sprint Triathlon Gdynia and Relay Sprint Triathlon Gdynia**

Time limits:

Swim: 30 minutes

Swim + Bike : 1 hours 30 minutes

Swim + Bike + Run: 2 hours

To be classified at the Sprint Triathlon Gdynia and Relay Sprint Triathlon Gdynia, all disciplines must be finished under 2 hours.

*The time of completing the route sections is counted from the moment the athlete starts the swimming.*

Route point (km)	Route point description	Limit (HH:MM)	Notes.
Swim – 750 m	Swimming finish line	00:30	Swimming course completion limit
Transition Zone (T1)	Leaving T1 zone	00:40	After this time you will not be able to continue the race.
Bike – 9,5 km	Gdynia, entry to the second loop of the route	01:20	After this time you will not be able to continue the race.
Bike – 20,6 km	Arrival to T2 zone	01:30	Completion limit for the swimming and cycling stages
Transition Zone (T2)	Leaving T2 zone	01:40	After this time you will not be able to continue the race.
Run – 5 km	Finish line	02:00	Completion limit for the swimming, cycling and running stages, after this time there will be a disqualification