

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

Time limits:

Swim: 1 hour 10 minutes

Swim + Bike : 5 hours 30 minutes

Swim + Bike + Run: 8 hours 30 minutes

Finishing times of individual sections of the race route:

Route point (km)	Route point description	Hour (HH:MM)	Notes.
Swim – 1900 m	Swimming finish line	10:55	Finishing time of the swimming stage
Transition Zone (T1)	Leaving T1 zone	10:05	After this hour you will not be able to go on the cycling route.
Bike – 90 km	Arrival to T2 zone	15:15	Finishing time of the cycling stage
Transition Zone (T2)	Leaving T2 zone	15:25	After this hour you will not be able to go on the running route
Run – 21,1 km	Finish line	18:15	Finishing time of the running stage, after this time there will be a disqualification