

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

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

Time limits:

Swim: 2 hours 20 minutes

Swim + Bike : 10 hours 30 minutes

Swim + Bike + Run: 16 hours

Finishing times of individual sections of the race route:

Route point (km)	Route point description	Hour (HH:MM)	Notes.
Swim – 3800 m	Swimming finish line	08:25	Finishing time of the swimming stage
Transition Zone (T1)	Leaving T1 zone	08:35	After this hour you will not be able to go on the cycling route.
Bike – 114,5 km	Koleczkowo, entry to the 3 rd loop of the route	13:30	After this hour you will not be able to continue the race.
Bike - 125 km	Czczewo, corssroads Czeczewska street and Gdańska street	14:00	After this hour you will not be able to continue the race.
Bike - 138 km	Szedmud, crossroads Tomaszewska street and Wejherowska steer	14:40	After this hour you will not be able to continue the race.
Bike – 148 km	Crossroads DW 224 i DW 218	15:00	After this hour you will not be able to continue the race.
Bike – 161 km	Koleczkowo, crossroads Wejherowska street and Chyłońska street	15:40	After this hour you will not be able to continue the race.
Bike – 180 km	Arrival to T2 zone	16:35	Finishing time of the cycling stage
Transition Zone (T2)	Leaving T2 zone	16:45	After this hour you will not be able to go on the running route
Run – 35,6 km	Gdynia, alley Topolowej and alley Jana Pawła II,	21:15	After this hour you will not be able to continue the race.
Run – 42,2 km	Finish line	22:05	Finishing time of the running stage, after this time there will be a disqualification

The time limit for the completion of the individual sections of the, swimming, cycling and running route during Sprint Triathlon Gdynia powered by sportano.pl and Relay Sprint Triathlon Gdynia powered by sportano.pl

Time limits:

Swim: 30 minutes

Swim + Bike: 1 hours 30 minutes

Swim + Bike + Run: 2 hours

To be classified at the Sprint Triathlon Gdynia powered by sportano.pl and Relay Sprint Triathlon Gdynia powered by sportano.pl, 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
Transistion 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
Transistion 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