

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

To be classified during IRONMAN 70.3 Kraków, race stages must be completed below the time limit listed below.

Time limits:

Stage one - swim: 1 hour 10 minutes

Leaving T1 zone: 1 hour 20 minutes

Stage two - swim & bike: 5 hours 30 minutes

Leaving T2 zone: 5 hours 40 minutes

Stage three – 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	10:20	Finishing time of the swimming stage
Transistion Zone (T1)	Leaving T1 zone	10:30	After this hour you will not be able to go on the cycling route
Bike – 43 km	Bochnia – Market Square	12:45	After this hour you will not be able to continue the race.
Bike – 90 km	Arrival to T2 zone	14:40	Finishing time of the cycling stage
Transistion Zone (T2)	Leaving T2 zone	14:50	After this hour you will not be able to go on the running route
Run – 21,1 km	Finish line	17:40	Finishing time of the running stage, after this time there will be a disqualification