

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

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

Time limits:

Swim: 1 hour and 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	11:05	After this hour you will not be able to go on the cycling route
Bike – 19,3 km	Turnaround point for the 5150 Triathlon Series course	11:50	After this hour you will not be able to continue the race.
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 – 10,6 km	Finish zone at MTP start 3 laps	16:50	After this hour you will not be able to continue the race.
Run – 21,1 km	Finish line	18:15	Finishing time of the running stage, after this time there will be a disqualification