



Leg 1: 1.5 mile Run

Leg 2: .25 mile swim

Leg 3: .33 mile run

Leg 4: .30 mile swim

Leg 5: 1.1 mile run

Leg 6: .3 mile swim.

Leg 7: 1.4 mile run

Leg 8: .35 mile swim

Leg 9: 1.1 mile run

Leg 10: .35 mile swim

Leg 11: 1.7 mile run

Leg 12: .35 mile swim

Leg 13: 1.1 mile run

Leg 14: .3 mile swim

Leg 15: .33 mile run

Leg 16: .25 mile swim

Leg 17: 1.5 mile run

Total: 20 KM (12.5 miles)

Total Swim: 2.4 Miles

Total Run: 10.1 miles