



START

FINISH



1500m

STANDARD DISTANCE SWIM



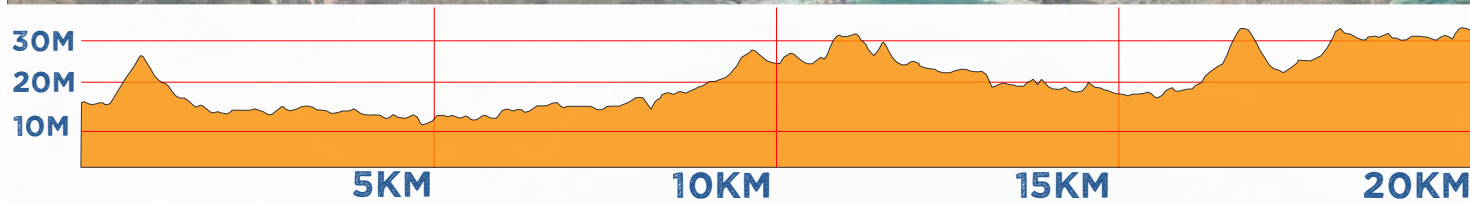
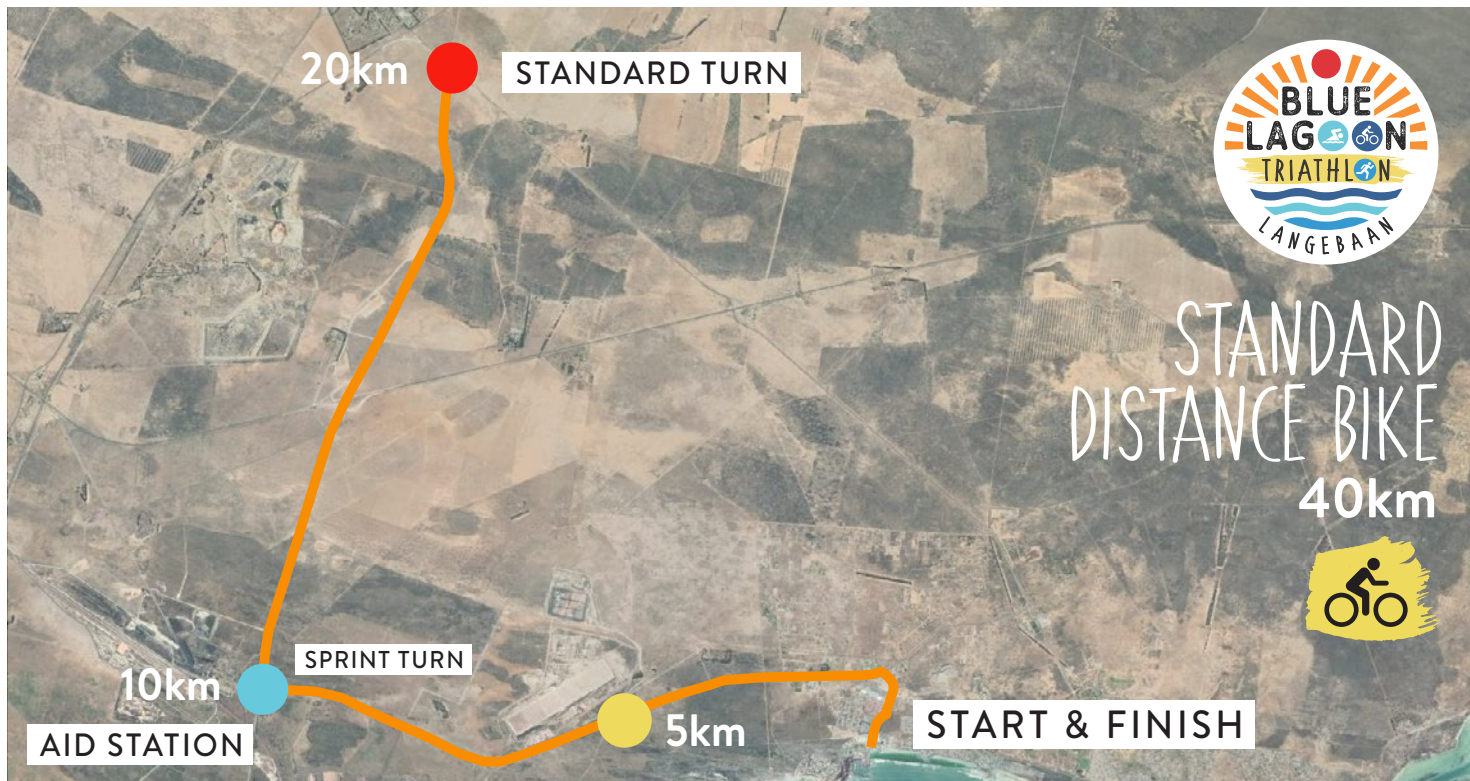
START

FINISH



750m

SPRINT DISTANCE SWIM



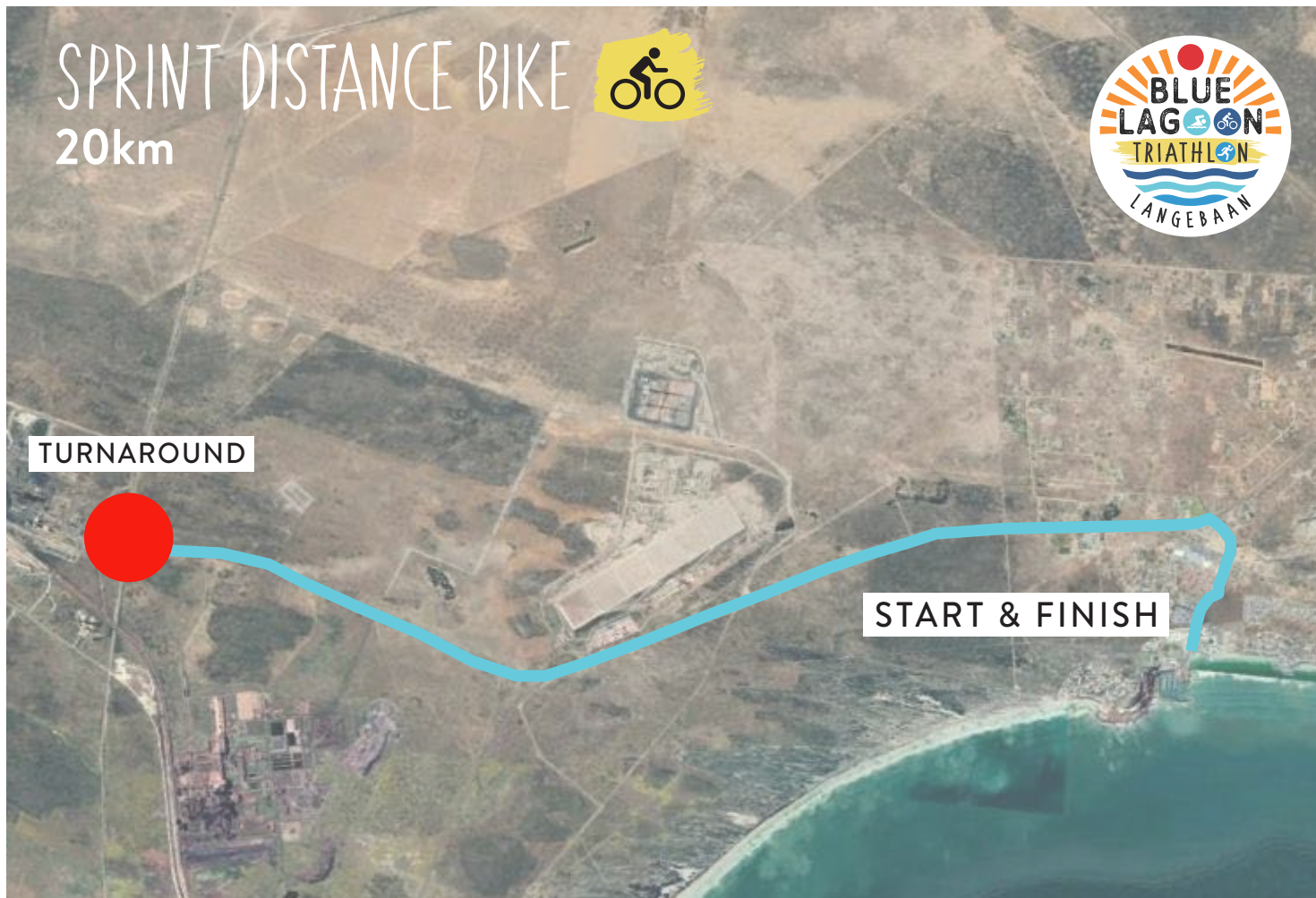
SPRINT DISTANCE BIKE

20km



TURNAROUND

START & FINISH





START

FINISH

AID STATION



10.8km (4 laps of 2.7km)
STANDARD DISTANCE RUN



START

FINISH

AID STATION



SPRINT DISTANCE RUN
5.4km (2 laps of 2.7km)

AQUABIKE

Athletes ride to transition to finish and then walk to finish line for a photo.





START

FINISH



2km
ULTRA DISTANCE SWIM



ULTRA DISTANCE BIKE 78km

(2x loops of the bike route, starting the 2nd lap at the Mykonos access road intersection)



20km

STANDARD & ULTRA TURN

SPRINT TURN

10km

AID STATION

5km

ULTRA U-TURN FOR 2ND LAP

START & FINISH



START

FINISH

AID STATION



16.2km (6 laps of 2.7km)
ULTRA DISTANCE RUN