

The time limit for the completion of the individual sections of the, swimming, cycling and running route during Citi Handlowy IRONMAN 70.3 Warsaw

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

Time limits:

Swim: 1 hour

Swim + Bike : 5 hours

Swim + Bike + Run: 8 hours

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	10:45	Finishing time of the swimming stage
Transistion Zone (T1)	Leaving T1 zone	10:55	After this hour you will not be able to go on the cycling route
Bike – 49 km	Nieporęt - roundabout on Zegrzyńska and Jana Kazimierza streets	12:50	After this hour you will not be able to continue the race.
Bike - 76 km	Wisłostrada, Sanguszki Street	14:00	After this time you will not be able to continue the race.
Bike – 90 km	Arrival to T2 zone	14:45	Finishing time of the cycling stage
Transistion Zone (T2)	Leaving T2 zone	14:55	After this hour you will not be able to go on the running route
Run – 21,1 km	Finish line	17:45	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 Citi Handlowy 5150 Warsaw

To be classified during Citi Handlowy 5150 Warsaw, race stages must be completed below the time limit listed below.

Time limits:

Swim: 50 minutes

Swim + Bike : 2 hours 45 minutes

Swim + Bike + Run: 4 hours

Finishing times of individual sections of the race route:

Route point (km)	Route point description	Hour (HH:MM)	Notes.
Swim – 1500 m	Swimming finish line	09:05	Finishing time of the swimming stage
Transistion Zone (T1)	Leaving T1 zone	09:15	After this hour you will not be able to go on the cycling route
Bike – 40 km	Arrival to T2 zone	11:00	Finishing time of the cycling stage
Transistion Zone (T2)	Leaving T2 zone	11:10	After this time you will not be able to go on the running route
Run –10 km	Finish line	12:15	Finishing time of the running stage, after this time there will be a disqualification