

Les délais moyens/How long will it take me ?

Ci dessous tableaux des temps de passages dans chaque discipline. **Vous devrez spécifier ce niveau lors de l'enregistrement.**

The race waves are grouped by level. Use this table (based on last years results) to determine yours. **You will need to specify this level when registering.**

Femmes / Ladies

Level	Swim Time (300m)	Bike Time (7km)	Run Time (2.5km)	Total
First Triathlon	>7:30min	>13:30min	>13:30min	>34:30min
Beginner +	6:30 – 7:30min	12:30 – 13:30min	12:30 – 13:30min	31:30 – 34:30min
Intermediate	5:30– 6:30min	11:30 – 12:30min	11 – 12:30min	28 – 31:30min
Strong	< 5:30min	< 11:30min	<11min	<28min

Hommes / Gentlemen

Level	Swim Time (300m)	Bike Time (7km)	Run Time (2.5km)	Total
First Triathlon	> 7min	> 12:30min	> 13min	> 32:30min
Beginner +	6 - 7min	11:30 – 12:30min	11:30 - 13min	29 – 32:30min
Intermediate	5 - 6min	10:30– 11:30min	9:30 – 11:30min	25 - 29min
Strong	< 5min	< 10:30min	< 9:30min	<25min