

The time limit for the completion of the individual sections of the, swimming, cycling and running route during Enea 5150 Gdynia and Enea 5150 Gdynia Relay

To be classified at the Enea 5150 Gdynia and Enea 5150 Gdynia Relay, all disciplines must be finished under 4 hours.

Stage one - swim: 50 minutes

Leaving T1 zone: 1 hour

Stage two - swim & bike: 2 hours 45 minutes

Leaving T2 zone: 2 hours 55 minutes

Stage three – 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 – 1900 m	Swimming finish line	08:45	Finishing time of the swimming stage
Leaving T1 zone (T1)	Leaving T1 zone	08:55	After this hour you will not be able to go on the cycling route
Bike – 40 km	Arrival to T2 zone	10:40	Finishing time of the cycling stage
Leaving T2 zone	Leaving T2 zone	10:50	After this time you will not be able to continue the race.
Run – 10 km	Finish line	12:00	Finishing time of the running stage, after this time there will be a disqualification