

The time limit for the completion of the individual sections of the, swimming, cycling and running route during Enea IRONMAN 70.3 Gdynia

To be classified during Enea IRONMAN 70.3 Gdynia, race stages must be completed below the time limit listed below.

Time limits:

Stage one - swim: 1 hour 10 minutes

Leaving T1 zone: 1 hour 20 minutes

Stage two - swim & bike: 5 hours 30 minutes

Leaving T2 zone: 5 hours 40 minutes

Stage three – swim, bike & run: 8 hours 30 minutes

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	11:45	Finishing time of the swimming stage
Leaving T1 zone (T1)	Leaving T1 zone	11:55	After this hour you will not be able to go on the cycling route
Bike – 20,1 km	Entrance to the loop in Koleczkowo	12:55	After this hour you will not be able to continue the race.
Bike – 30,3 km	Czeczewo	13:24	
Bike – 42,5 km	Szemud	13:58	
Bike – 54,2 km	Crossroads DW 224 and DW 218	14:30	
Bike – 67,2 km	Crossroads DW 218 and Chyłońska Street	15:06	
Bike – 90 km	Arrival to T2 zone	16:05	Finishing time of the cycling stage
Leaving T2 zone	Leaving T2 zone	16:15	After this time you will not be able to continue the race.
Run – 16 km	Start of the 4th lap of the course.	18:15	After this time you will not be able to continue the race.
Run – 21,1 km	Finish line	19:05	Finishing time of the running stage, after this time there will be a disqualification