



CHALLENGE ESPRIT MONTRÉAL

alt
HOTELS
BY LE GERMAIN

GERMAIN
HOTELS

Montréal



Québec

TRIATHLON
QUÉBEC

TRIATHLON
CANADA

	DEMI-ESPRIT <small>ESPRIT DE MONTRÉAL</small>	OLYMPIQUE <small>ESPRIT DE MONTRÉAL</small>	SPRINT <small>ESPRIT DE MONTRÉAL</small>	INITIATION <small>ESPRIT DE MONTRÉAL</small>	DUATHLON <small>OLYMPIQUE</small>	DUATHLON <small>SPRINT</small>
	1.9 km = 1 tour / lap	1.5 km = 1 tour / lap	750 m = 1 tour / lap	375 m = 1 tour / lap	10 km = 2 tours / laps	5 km = 1 tour / lap
	90 km = 21 tours / laps	40 km = 9 tours / laps	20 km = 4 tours / laps	10 km = 2 tours / laps	40 km = 9 tours / laps	20 km = 4 tours / laps
	21.1 km = 4.5 tour / laps	10 km = 2 tours / laps	5 km = 1 tour / lap	2.5 km = 0.5 tours / laps	5 km = 1 tour / lap	2.5 km = 0.5 tour / lap