fes un csv amb totes les dades que et dono per cada prova d'ironman. Ha d'incloure:

- Prova

- Pais

- Data

- Swim (lake, ocean...)

- Bike (rolling, hilly...)

- Run (Flat...)

- Avg. Air Temp en ºC

- Avg. Water Temp en ºC

- Airport

aqui tens les dades:

July

27

2025

IRONMAN Leeds

LEEDS, ENGLAND

See Race Details

Register with Flex90

Swim

TBD

Bike

TBD

Run

TBD

Avg. Air Temp

N/A° F / NAN° C

Avg. Water Temp

N/A° F / NAN° C

Airport

LBA

Aug

3

2025

IRONMAN Canada - Ottawa

OTTAWA, CANADA

See Race Details

Sold Out

Swim

RIVER

Bike

ROLLING

Run

FLAT

Avg. Air Temp

78° F / 26° C

Avg. Water Temp

70° F / 21° C

Airport

YOW

Aug

10

2025

Itaú BBA

IRONMAN 70.3 Rio de Janeiro

RIO DE JANEIRO, BRAZIL

See Race Details

Sold Out

Swim

OCEAN

Bike

FLAT

Run

FLAT

Avg. Air Temp

80° F / 27° C

Avg. Water Temp

73° F / 23° C

Airport

GIG

Aug

10

2025

IRONMAN 70.3 Lapu-Lapu

LAPU-LAPU, CEBU, PHILIPPINES

See Race Details

Registration Now Open

Swim

OCEAN

Bike

FLAT

Run

FLAT

Avg. Air Temp

92° F / 33° C

Avg. Water Temp

82° F / 28° C

Airport

CEB

Aug

16

2025

IRONMAN Kalmar

KALMAR, SWEDEN

See Race Details

Registration Now Open

Swim

OCEAN

Bike

FLAT

Run

FLAT

Avg. Air Temp

71° F / 22° C

Avg. Water Temp

68° F / 20° C

Airport

KLR

Aug

17

2025

IRONMAN Copenhagen

COPENHAGEN, DENMARK

See Race Details

Sold Out - Special Entries Available

Swim

BAY

Bike

ROLLING

Run

FLAT

Avg. Air Temp

69° F / 21° C

Avg. Water Temp

65° F / 18° C

Airport

CPH

Aug

17

2025

IRONMAN 70.3 Louisville

LOUISVILLE, KENTUCKY

See Race Details

Register with Flex90

Swim

RIVER

Bike

ROLLING

Run

ROLLING

Avg. Air Temp

85° F / 29° C

Avg. Water Temp

80° F / 27° C

Airport

SDF

Aug

17

2025

IRONMAN 70.3 Hradec Králové

HRADEC KRÁLOVÉ, CZECH REPUBLIC

See Race Details

Register with Flex90

Swim

RIVER

Bike

ROLLING

Run

FLAT

Avg. Air Temp

73° F / 23° C

Avg. Water Temp

65° F / 18° C

Airport

PRG

Aug

17

2025

5150 Triathlon Series Hradec Králové

HRADEC KRÁLOVÉ, CZECH REPUBLIC

See Race Details

Registration Now Open

Swim

RIVER

Bike

ROLLING

Run

FLAT

Avg. Air Temp

73° F / 23° C

Avg. Water Temp

65° F / 18° C

Airport

PRG

Aug

23

2025

IRONMAN Tallinn

TALLINN, ESTONIA

See Race Details

Register with Flex90

Swim

BAY

Bike

ROLLING

Run

FLAT

Avg. Air Temp

62° F / 17° C

Avg. Water Temp

64° F / 18° C

Airport

TLL

Aug

24

2025

IRONMAN 70.3 Vichy

VICHY, FRANCE

See Race Details

Register with Flex90

Swim

LAKE

Bike

HILLY

Run

FLAT

Avg. Air Temp

83° F / 28° C

Avg. Water Temp

77° F / 25° C

Airport

LYS

Aug

24

2025

IRONMAN 70.3 Tallinn

TALLINN, ESTONIA

See Race Details

Register with Flex90

Swim

BAY

Bike

FLAT

Run

FLAT

Avg. Air Temp

62° F / 17° C

Avg. Water Temp

64° F / 18° C

Airport

TLL

Aug

24

2025

IRONMAN Switzerland Thun

THUN, SWITZERLAND

See Race Details

Registration Now Open

Swim

LAKE

Bike

HILLY

Run

FLAT

Avg. Air Temp

68° F / 20° C

Avg. Water Temp

64° F / 18° C

Airport

ZRH

Aug

31

2025

IRONMAN 70.3 Zell am See-Kaprun

ZELL AM SEE, AUSTRIA

See Race Details

Register with Flex90

Swim

LAKE

Bike

ROLLING

Run

FLAT

Avg. Air Temp

66° F / 19° C

Avg. Water Temp

63° F / 17° C

Airport

SZG

Sept

6

2025

IRONMAN 70.3 Wisconsin

MADISON, WISCONSIN

See Race Details

Register with Flex90

Swim

LAKE

Bike

ROLLING

Run

ROLLING

Avg. Air Temp

71° F / 22° C

Avg. Water Temp

69° F / 21° C

Airport

MSN

Sept

6

2025

5150 Triathlon Series Knokke-Heist

KNOKKE-HEIST, FLANDERS, BELGIUM

See Race Details

Registration Opening Soon - Notify Me

Swim

RIVER

Bike

FLAT

Run

FLAT

Avg. Air Temp

65° F / 18° C

Avg. Water Temp

64° F / 18° C

Airport

BRU

Sept

7

2025

IRONMAN 70.3 Santa Cruz

SANTA CRUZ, CALIFORNIA

See Race Details

Register with Flex90

Swim

OCEAN

Bike

ROLLING

Run

FLAT

Avg. Air Temp

65° F / 18° C

Avg. Water Temp

63° F / 17° C

Airport

SJC

Sept

7

2025

IRONMAN 70.3 Duisburg

DUISBURG, GERMANY

See Race Details

Register with Flex90

Swim

LAKE

Bike

ROLLING

Run

FLAT

Avg. Air Temp

77° F / 25° C

Avg. Water Temp

70° F / 21° C

Airport

DUS

Sept

7

2025

IRONMAN Wisconsin

MADISON, WISCONSIN

See Race Details

Register with Flex90

Swim

LAKE

Bike

ROLLING

Run

ROLLING

Avg. Air Temp

71° F / 22° C

Avg. Water Temp

69° F / 21° C

Airport

MSN

Sept

7

2025

5150 Triathlon Series Cartagena

CARTAGENA, COLOMBIA

See Race Details

Registration Opening Soon

Swim

BAY

Bike

FLAT

Run

FLAT

Avg. Air Temp

84° F / 29° C

Avg. Water Temp

81° F / 27° C

Airport

CTG

Sept

7

2025

Enea

IRONMAN 70.3 Poznan

POZNAN, POLAND

See Race Details

Register with Flex90

Swim

LAKE

Bike

FLAT

Run

FLAT

Avg. Air Temp

73° F / 23° C

Avg. Water Temp

65° F / 18° C

Airport

POZ

Sept

7

2025

Enea

5150 Triathlon Series Poznan

POZNAN, POLAND

See Race Details

Registration Now Open

Swim

LAKE

Bike

FLAT

Run

FLAT

Avg. Air Temp

73° F / 23° C

Avg. Water Temp

65° F / 18° C

Airport

POZ

Sept

7

2025

IRONMAN 70.3 Knokke-Heist, Belgium

KNOKKE-HEIST, FLANDERS, BELGIUM

See Race Details

Register with Flex90

Swim

RIVER

Bike

FLAT

Run

FLAT

Avg. Air Temp

65° F / 18° C

Avg. Water Temp

64° F / 18° C

Airport

BRU

Sept

13

2025

5150 Triathlon Series Erkner Berlin-Brandenburg

ERKNER, BERLIN, GERMANY

See Race Details

Registration Opening Soon - Notify Me

Swim

LAKE

Bike

FLAT

Run

FLAT

Avg. Air Temp

73° F / 23° C

Avg. Water Temp

68° F / 20° C

Airport

BER

Sept

14

2025

IRONMAN 70.3 Weymouth

DORSET, ENGLAND

See Race Details

Register with Flex90

Swim

OCEAN

Bike

ROLLING

Run

FLAT

Avg. Air Temp

59° F / 15° C

Avg. Water Temp

63° F / 17° C

Airport

SOU

Sept

14

2025

IRONMAN 70.3 Michigan

FRANKFORT, MICHIGAN

See Race Details

Register with Flex90

Swim

LAKE

Bike

ROLLING

Run

ROLLING

Avg. Air Temp

67° F / 19° C

Avg. Water Temp

65° F / 18° C

Airport

TVC

Sept

14

2025

IRONMAN 70.3 Sunshine Coast

MOOLOOLABA, QUEENSLAND

See Race Details

Registration Now Open

Swim

OCEAN

Bike

FLAT

Run

ROLLING

Avg. Air Temp

79° F / 26° C

Avg. Water Temp

72° F / 22° C

Airport

BNE

Sept

14

2025

IRONMAN 70.3 Erkner Berlin-Brandenburg

ERKNER, BERLIN, GERMANY

See Race Details

Register with Flex90

Swim

LAKE

Bike

FLAT

Run

FLAT

Avg. Air Temp

73° F / 23° C

Avg. Water Temp

68° F / 20° C

Airport

BER

Sept

14

2025

VinFast

IRONMAN World Championship - Men

NICE, FRANCE

See Race Details

By Qualification Only

Swim

OCEAN

Bike

HILLY

Run

ROLLING

Avg. Air Temp

76° F / 24° C

Avg. Water Temp

72° F / 22° C

Airport

NCE

Sept

20

2025

IRONMAN Italy Emilia-Romagna

EMILIA ROMAGNA, ITALY

See Race Details

Register with Flex90

Swim

OCEAN

Bike

FLAT

Run

FLAT

Avg. Air Temp

77° F / 25° C

Avg. Water Temp

72° F / 22° C

Airport

BLQ

Sept

20

2025

IRONMAN Maryland

CAMBRIDGE, MARYLAND

See Race Details

Register with Flex90

Swim

RIVER

Bike

FLAT

Run

FLAT

Avg. Air Temp

75° F / 24° C

Avg. Water Temp

72° F / 22° C

Airport

IAD/BWI

Sept

20

2025

Northwell Health

IRONMAN 70.3 New York

JONES BEACH, NEW YORK

See Race Details

Register with Flex90

Swim

BAY

Bike

FLAT

Run

FLAT

Avg. Air Temp

70° F / 21° C

Avg. Water Temp

65° F / 18° C

Airport

JFK | LGA

Sept

21

2025

IRONMAN 70.3 Italy Emilia-Romagna

EMILIA-ROMAGNA, ITALY

See Race Details

Register with Flex90

Swim

OCEAN

Bike

FLAT

Run

ROLLING

Avg. Air Temp

77° F / 25° C

Avg. Water Temp

72° F / 22° C

Airport

BLQ

Sept

21

2025

IRONMAN 70.3 Cozumel

COZUMEL, MEXICO

See Race Details

Registration Now Open

Swim

OCEAN

Bike

FLAT

Run

FLAT

Avg. Air Temp

81° F / 27° C

Avg. Water Temp

84° F / 29° C

Airport

CZM

Sept

21

2025

IRONMAN 70.3 Western Sydney

PENRITH, NEW SOUTH WALES

See Race Details

Registration Now Open

Swim

LAKE

Bike

FLAT

Run

FLAT

Avg. Air Temp

73° F / 23° C

Avg. Water Temp

66° F / 19° C

Airport

SYD

Sept

21

2025

Itaú BBA

IRONMAN 70.3 Sao Paulo

SAO PAULO, BRAZIL

See Race Details

Registration Opening Soon

Swim

RESERVOIR

Bike

FLAT

Run

FLAT

Avg. Air Temp

77° F / 25° C

Avg. Water Temp

71° F / 22° C

Airport

CGH

Sept

21

2025

IRONMAN Wales

PEMBROKESHIRE, WALES

See Race Details

Register with Flex90

Swim

OCEAN

Bike

HILLY

Run

HILLY

Avg. Air Temp

61° F / 16° C

Avg. Water Temp

63° F / 17° C

Airport

CWL

Sept

21

2025

5150 Triathlon Series Cervia

EMILIA ROMAGNA, ITALY

See Race Details

Registration Opening Soon - Notify Me

Swim

OCEAN

Bike

FLAT

Run

FLAT

Avg. Air Temp

68° F / 20° C

Avg. Water Temp

62° F / 17° C

Airport

BLQ

Sept

21

2025

IRONMAN 70.3 Washington Tri-Cities

RICHLAND, WASHINGTON

See Race Details

Register with Flex90

Swim

RIVER

Bike

ROLLING

Run

FLAT

Avg. Air Temp

70° F / 21° C

Avg. Water Temp

68° F / 20° C

Airport

PCS

Sept

21

2025

IRONMAN 70.3 Belgrade, Serbia

BELGRADE, SERBIA

See Race Details

Registration Opening Soon - Notify Me

Swim

LAKE

Bike

FLAT

Run

FLAT

Avg. Air Temp

70° F / 21° C

Avg. Water Temp

68° F / 20° C

Airport

BEG

Sept

28

2025

IRONMAN 70.3 Augusta

AUGUSTA, GEORGIA

See Race Details

Register with Flex90

Swim

RIVER

Bike

ROLLING

Run

FLAT

Avg. Air Temp

80° F / 27° C

Avg. Water Temp

73° F / 23° C

Airport

AGS

Sept

28

2025

First Horizon Bank

IRONMAN Chattanooga

CHATTANOOGA, TENNESSEE

See Race Details

Register with Flex90

Swim

RIVER

Bike

ROLLING

Run

ROLLING

Avg. Air Temp

75° F / 24° C

Avg. Water Temp

77° F / 25° C

Airport

CHA

Oct

5

2025

IRONMAN 70.3 Waco

WACO, TEXAS

See Race Details

Registration Opening Soon - Notify Me

Swim

RIVER

Bike

FLAT

Run

ROLLING

Avg. Air Temp

65° F / 18° C

Avg. Water Temp

65° F / 18° C

Airport

ACT

Oct

5

2025

IRONMAN Calella-Barcelona

CALELLA, SPAIN

See Race Details

Register with Flex90

Swim

OCEAN

Bike

FLAT

Run

FLAT

Avg. Air Temp

75° F / 24° C

Avg. Water Temp

72° F / 22° C

Airport

BCN

Oct

11

2025

VINFAST

IRONMAN World Championship - Women

KAILUA-KONA, HAWAI`I

See Race Details

By Qualification Only

Swim

OCEAN

Bike

ROLLING

Run

ROLLING

Avg. Air Temp

80° F / 27° C

Avg. Water Temp

75° F / 24° C

Airport

KOA

Oct

12

2025

Century Tuna

5150 Triathlon Series Subic Bay

SUBIC BAY, PHILIPPINES

See Race Details

Registration Now Open

Swim

BAY

Bike

ROLLING

Run

FLAT

Avg. Air Temp

85° F / 29° C

Avg. Water Temp

73° F / 23° C

Airport

CRK

Oct

18

2025

IRONMAN 70.3 Portugal - Cascais

CASCAIS, PORTUGAL

See Race Details

Register with Flex90

Swim

BAY

Bike

HILLY

Run

ROLLING

Avg. Air Temp

65° F / 18° C

Avg. Water Temp

62° F / 17° C

Airport

LIS

Oct

18

2025

IRONMAN Portugal - Cascais

CASCAIS, PORTUGAL

See Race Details

Register with Flex90

Swim

BAY

Bike

HILLY

Run

ROLLING

Avg. Air Temp

65° F / 18° C

Avg. Water Temp

62° F / 17° C

Airport

LIS

Oct

19

2025

Kaiser Permanente

IRONMAN California

SACRAMENTO, CALIFORNIA

See Race Details

Register with Flex90

Swim

RIVER

Bike

FLAT

Run

FLAT

Avg. Air Temp

70° F / 21° C

Avg. Water Temp

65° F / 18° C

Airport

SMF

Oct

19

2025

Plava Laguna

IRONMAN 70.3 Porec

ISTRIA, CROATIA

See Race Details

Register with Flex90

Swim

OCEAN

Bike

ROLLING

Run

ROLLING

Avg. Air Temp

70° F / 21° C

Avg. Water Temp

64° F / 18° C

Airport

PUY

Oct

19

2025

IRONMAN 70.3 Riviera Nayarit

RIVIERA NAYARIT, MEXICO

See Race Details

Registration Opening Soon

Swim

OCEAN

Bike

FLAT

Run

FLAT

Avg. Air Temp

86° F / 30° C

Avg. Water Temp

80° F / 27° C

Airport

PVR

Oct

25

2025

IRONMAN 70.3 North Carolina

WILMINGTON, NORTH CAROLINA

See Race Details

Registration Opening Soon - Notify Me

Swim

OCEAN

Bike

FLAT

Run

ROLLING

Avg. Air Temp

65° F / 18° C

Avg. Water Temp

65° F / 18° C

Airport

ILM

Oct

26

2025

Itaú BBA

IRONMAN 70.3 Florianópolis

FLORIANOPOLIS, BRAZIL

See Race Details

Registration Now Open

Swim

OCEAN

Bike

ROLLING

Run

FLAT

Avg. Air Temp

69° F / 21° C

Avg. Water Temp

68° F / 20° C

Airport

FLN

Nov

1

2025

IRONMAN 70.3 Langkawi

LANGKAWI, MALAYSIA

See Race Details

Registration Now Open - Notify Me

Swim

OCEAN

Bike

HILLY

Run

FLAT

Avg. Air Temp

88° F / 31° C

Avg. Water Temp

82° F / 28° C

Airport

LGK

Nov

1

2025

Visit Panama City Beach

IRONMAN Florida

PANAMA CITY BEACH, FLORIDA

See Race Details

Register with Flex90

Swim

OCEAN

Bike

FLAT

Run

FLAT

Avg. Air Temp

66° F / 19° C

Avg. Water Temp

71° F / 22° C

Airport

ECP

Nov

1

2025

IRONMAN Malaysia

LANGKAWI, MALAYSIA

See Race Details

Registration Opening Soon - Notify Me

Swim

OCEAN

Bike

HILLY

Run

FLAT

Avg. Air Temp

88° F / 31° C

Avg. Water Temp

82° F / 28° C

Airport

LGK

Nov

2

2025

MaiCoin

IRONMAN 70.3 Kenting

KENTING, TAIWAN

See Race Details

Registration Opening Soon

Swim

OCEAN

Bike

FLAT

Run

ROLLING

Avg. Air Temp

86° F / 30° C

Avg. Water Temp

73° F / 23° C

Airport

KHH

Nov

8

2025

VinFast

IRONMAN 70.3 World Championship - Women

MARBELLA, SPAIN

See Race Details

By Qualification Only

Swim

OCEAN

Bike

HILLY

Run

FLAT

Avg. Air Temp

70° F / 21° C

Avg. Water Temp

61° F / 16° C

Airport

AGP

Nov

9

2025

IRONMAN 70.3 Melbourne

ST. KILDA, VICTORIA

See Race Details

Registration Now Open

Swim

BAY

Bike

FLAT

Run

FLAT

Avg. Air Temp

63° F / 17° C

Avg. Water Temp

64° F / 18° C

Airport

MEL

Nov

9

2025

VinFast

IRONMAN 70.3 World Championship - Men

MARBELLA, SPAIN

See Race Details

By Qualification Only

Swim

OCEAN

Bike

HILLY

Run

FLAT

Avg. Air Temp

70° F / 21° C

Avg. Water Temp

61° F / 16° C

Airport

AGP

Nov

16

2025

Paradox

IRONMAN Arizona

TEMPE, ARIZONA

See Race Details

Register with Flex90

Swim

LAKE

Bike

ROLLING

Run

ROLLING

Avg. Air Temp

63° F / 17° C

Avg. Water Temp

61° F / 16° C

Airport

PHX

Nov

16

2025

ISUZU

IRONMAN 70.3 Mossel Bay - African TriClub Championship

MOSSEL BAY, SOUTH AFRICA

See Race Details

Registration Opening Soon - Notify Me

Swim

BAY

Bike

HILLY

Run

ROLLING

Avg. Air Temp

64° F / 18° C

Avg. Water Temp

67° F / 19° C

Airport

GRJ

Nov

23

2025

IRONMAN Cozumel

COZUMEL, MEXICO

See Race Details

Registration Now Open

Swim

OCEAN

Bike

FLAT

Run

FLAT

Avg. Air Temp

79° F / 26° C

Avg. Water Temp

79° F / 26° C

Airport

CZM

TBD

TBD

2025

IRONMAN 70.3 Davao Philippines

Presented by Aboitiz

DAVAO CITY, PHILIPPINES

See Race Details

Registration Opening Soon

Swim

OCEAN

Bike

FLAT

Run

FLAT

Avg. Air Temp

92° F / 33° C

Avg. Water Temp

82° F / 28° C

Airport

DVO

TBD

TBD

2025

IRONMAN 70.3 Los Cabos

LOS CABOS, MEXICO

See Race Details

Closed

Swim

OCEAN

Bike

ROLLING

Run

FLAT

Avg. Air Temp

77° F / 25° C

Avg. Water Temp

84° F / 29° C

Airport

SJD

TBD

TBD

2025

IRONMAN 70.3 Taupo

TAUPO, NEW ZEALAND

See Race Details

Closed

Swim

LAKE

Bike

ROLLING

Run

FLAT

Avg. Air Temp

68° F / 20° C

Avg. Water Temp

62° F / 17° C

Airport

TUO

TBD

TBD

2025

IRONMAN 70.3 Buenos Aires

Presented by Baggio

BUENOS AIRES, ARGENTINA

See Race Details

Race Weekend - Follow Us

Swim

LAKE

Bike

ROLLING

Run

FLAT

Avg. Air Temp

62° F / 17° C

Avg. Water Temp

64° F / 18° C

Airport

EZE

TBD

TBD

2025

Itaú BBA

IRONMAN 70.3 Fortaleza

FORTALEZA, BRAZIL

See Race Details

Registration Opening Soon

Swim

OCEAN

Bike

FLAT

Run

FLAT

Avg. Air Temp

88° F / 31° C

Avg. Water Temp

82° F / 28° C

Airport

FOR

TBD

TBD

2025

IRONMAN 70.3 Tasmania

HOBART, TASMANIA

See Race Details

Closed - Notify Me

Swim

RIVER

Bike

HILLY

Run

FLAT

Avg. Air Temp

60° F / 16° C

Avg. Water Temp

62° F / 17° C

Airport

HBA

TBD

TBD

2025

5150 Triathlon Series Dapitan

DAPITAN, PHILIPPINES

See Race Details

Registration Now Open

Swim

OCEAN

Bike

FLAT

Run

FLAT

Avg. Air Temp

91° F / 33° C

Avg. Water Temp

85° F / 29° C

Airport

TBD

TBD

TBD

2025

IRONMAN 70.3 Valdivia

VALDIVIA, CHILE

See Race Details

Registration Opening Soon

Swim

RIVER

Bike

FLAT

Run

FLAT

Avg. Air Temp

68° F / 20° C

Avg. Water Temp

58° F / 14° C

Airport

ZAL

TBD

TBD

2025

Itaú

IRONMAN 70.3 Aracaju - Sergipe

ARACAJU, BRAZIL

See Race Details

Registration Opening Soon

Swim

RIVER

Bike

FLAT

Run

FLAT

Avg. Air Temp

84° F / 29° C

Avg. Water Temp

77° F / 25° C

Airport

AJU

TBD

TBD

2025

5150 Triathlon Series Gualeguaychu

GUALEGUAYCHU, ARGENTINA

See Race Details

Registration Opening Soon

Swim

RIVER

Bike

FLAT

Run

FLAT

Avg. Air Temp

75° F / 24° C

Avg. Water Temp

76° F / 24° C

Airport

AEP

TBD

Toyota

IRONMAN 70.3 Bangsaen, Thailand

Presented by MAMA

BANGSAEN, THAILAND

See Race Details

Closed

Swim

OCEAN

Bike

FLAT

Run

ROLLING

Avg. Air Temp

85° F / 29° C

Avg. Water Temp

76° F / 24° C

Airport

BKK

TBD

IRONMAN 70.3 Goa

INDIA

See Race Details

Registration Now Open

Swim

OCEAN

Bike

ROLLING

Run

FLAT

Avg. Air Temp

82° F / 28° C

Avg. Water Temp

78° F / 26° C

Airport

GOI

TBD

IRONMAN 70.3 Goseong

GOSEONG, KOREA

See Race Details

Closed

Swim

OCEAN

Bike

ROLLING

Run

HILLY

Avg. Air Temp

73° F / 23° C

Avg. Water Temp

68° F / 20° C

Airport

PUS

TBD

IRONMAN 70.3 Türkiye

BELEK, ANTALYA, TÜRKİYE (TURKEY)

See Race Details

Registration Opening Soon - Notify Me

Swim

OCEAN

Bike

FLAT

Run

FLAT

Avg. Air Temp

75° F / 24° C

Avg. Water Temp

72° F / 22° C

Airport

AYT

TBD

Enea

IRONMAN 70.3 Gdynia

GDYNIA, POLAND

See Race Details

Registration Opening Soon - Notify Me

Swim

BAY

Bike

ROLLING

Run

ROLLING

Avg. Air Temp

77° F / 25° C

Avg. Water Temp

66° F / 19° C

Airport

GDN

TBD

IRONMAN 70.3 Les Sables d'Olonne-Vendée

VENDĖE, FRANCE

See Race Details

Closed - Notify Me

Swim

OCEAN

Bike

ROLLING

Run

FLAT

Avg. Air Temp

75° F / 24° C

Avg. Water Temp

66° F / 19° C

Airport

NTE

TBD

IRONMAN 70.3 Marbella

MARBELLA, SPAIN

See Race Details

Registration Opening Soon - Notify Me

Swim

OCEAN

Bike

HILLY

Run

FLAT

Avg. Air Temp

70° F / 21° C

Avg. Water Temp

61° F / 16° C

Airport

AGP

TBD

IRONMAN 70.3 Egypt

SAHL HASHEESH, EGYPT

See Race Details

Registration Opening Soon - Notify Me

Swim

BAY

Bike

ROLLING

Run

FLAT

Avg. Air Temp

82° F / 28° C

Avg. Water Temp

82° F / 28° C

Airport

HRG

TBD

IRONMAN 70.3 Salalah

Presented by Hawana Salalah

SALALAH, OMAN

See Race Details

Registration Opening Soon - Notify Me

Swim

BAY

Bike

ROLLING

Run

FLAT

Avg. Air Temp

75° F / 24° C

Avg. Water Temp

77° F / 25° C

Airport

SLL

TBD

IRONMAN 70.3 Ireland, Cork

YOUGHAL/CORK, IRELAND

See Race Details

Closed - Notify Me

Swim

BAY

Bike

HILLY

Run

FLAT

Avg. Air Temp

65° F / 18° C

Avg. Water Temp

61° F / 16° C

Airport

ORK

TBD

IRONMAN Gurye

GURYE, KOREA

See Race Details

Closed - Notify Me

Swim

RESERVOIR

Bike

HILLY

Run

FLAT

Avg. Air Temp

74° F / 23° C

Avg. Water Temp

73° F / 23° C

Airport

ICN

TBD

IRONMAN Ireland, Cork

YOUGHAL/CORK, IRELAND

See Race Details

Closed - Notify Me

Swim

BAY

Bike

HILLY

Run

FLAT

Avg. Air Temp

65° F / 18° C

Avg. Water Temp

61° F / 16° C

Airport

ORK

TBD

Century Tuna

IRONMAN Philippines

SUBIC BAY, PHILIPPINES

See Race Details

Closed

Swim

OCEAN

Bike

FLAT

Run

ROLLING

Avg. Air Temp

92° F / 33° C

Avg. Water Temp

82° F / 28° C

Airport

CRK

TBD

IRONMAN Finland, Kuopio-Tahko

KUOPIO-TAHKO, FINLAND

See Race Details

Closed

Swim

LAKE

Bike

ROLLING

Run

ROLLING

Avg. Air Temp

64° F / 18° C

Avg. Water Temp

64° F / 18° C

Airport

KUO

TBD

5150 Triathlon Series Buenos Aires

BUENOS AIRES, ARGENTINA

See Race Details

Registration Opening Soon

Swim

LAKE

Bike

ROLLING

Run

FLAT

Avg. Air Temp

80° F / 27° C

Avg. Water Temp

70° F / 21° C

Airport

EZE

TBD

5150 Triathlon Series Westfriesland

WESTFRIESLAND, NETHERLANDS

See Race Details

Registration Opening Soon - Notify Me

Swim

LAKE

Bike

FLAT

Run

FLAT

Avg. Air Temp

68° F / 20° C

Avg. Water Temp

63° F / 17° C

Airport

AMS

TBD

5150 Triathlon Series Camsur

CAMARINES SUR, PHILIPPINES

See Race Details

Registration Opening Soon - Notify Me

Swim

RESERVOIR

Bike

FLAT

Run

FLAT

Avg. Air Temp

84° F / 29° C

Avg. Water Temp

90° F / 32° C

Airport

WNP

fes un csv amb totes les dades que et dono per cada prova d'ironman. Ha d'incloure:

- Prova

- Pais

- Data

- Swim (lake, ocean...)

- Bike (rolling, hilly...)

- Run (Flat...)

- Avg. Air Temp en ºC

- Avg. Water Temp en ºC

- Airport

aqui tens les dades:

TBD

IRONMAN 70.3 Tiberias, Sea of Galilee

TIBERIAS, ISRAEL

See Race Details

Closed

Swim

LAKE

Bike

FLAT

Run

FLAT

Avg. Air Temp

72° F / 22° C

Avg. Water Temp

77° F / 25° C

Airport

TLV

TBD

IRONMAN Israel Middle East Championship

TIBERIAS, ISRAEL

See Race Details

Closed

Swim

LAKE

Bike

FLAT

Run

FLAT

Avg. Air Temp

72° F / 22° C

Avg. Water Temp

77° F / 25° C

Airport

TLV

TBD

ISUZU

IRONMAN 70.3 Nelson Mandela Bay

NELSON MANDELA BAY, PORT ELIZABETH

See Race Details

Closed - Notify Me

Swim

BAY

Bike

ROLLING

Run

ROLLING

Avg. Air Temp

73° F / 23° C

Avg. Water Temp

68° F / 20° C

Airport

PLZ

TBD

IRONMAN 70.3 Tangier

TANGIER, MOROCCO

See Race Details

Registration Opening Soon - Notify Me

Swim

OCEAN

Bike

HILLY

Run

FLAT

Avg. Air Temp

77° F / 25° C

Avg. Water Temp

66° F / 19° C

Airport

TNG

TBD

IRONMAN 70.3 Rwanda

RWANDA, AFRICA

See Race Details

Registration Opening Soon - Notify Me

Swim

LAKE

Bike

ROLLING

Run

HILLY

Avg. Air Temp

79° F / 26° C

Avg. Water Temp

76° F / 24° C

Airport

KGL

TBD

5150 Triathlon Series Egypt

SAHL HASHEESH, EGYPT

See Race Details

Registration Opening Soon - Notify Me

Swim

BAY

Bike

ROLLING

Run

FLAT

Avg. Air Temp

82° F / 28° C

Avg. Water Temp

82° F / 28° C

Airport

HRG

TBD

BIM Group

IRONMAN 70.3 Phu Quoc

PHU QUOC, VIET NAM

See Race Details

Registration Now Open

Swim

OCEAN

Bike

FLAT

Run

FLAT

Avg. Air Temp

82° F / 28° C

Avg. Water Temp

84° F / 29° C

Airport

PQC

TBD

Enea

5150 Triathlon Series Gdynia

GDYNIA, POLAND

See Race Details

Registration Opening Soon - Notify Me

Swim

BAY

Bike

ROLLING

Run

ROLLING

Avg. Air Temp

77° F / 25° C

Avg. Water Temp

66° F / 19° C

Airport

GDN

TBD

IRONMAN Japan South Hokkaido

HOKKAIDO, JAPAN

See Race Details

Sold Out

Swim

OCEAN

Bike

FLAT

Run

FLAT

Avg. Air Temp

64° F / 18° C

Avg. Water Temp

70° F / 21° C

Airport

HKD

TBD

PPC

IRONMAN 70.3 Marathon, Greece

MARATHON, ATTICA, GREECE

See Race Details

Registration Opening Soon - Notify Me

Swim

OCEAN

Bike

FLAT

Run

FLAT

Avg. Air Temp

73° F / 23° C

Avg. Water Temp

72° F / 22° C

Airport

ATH