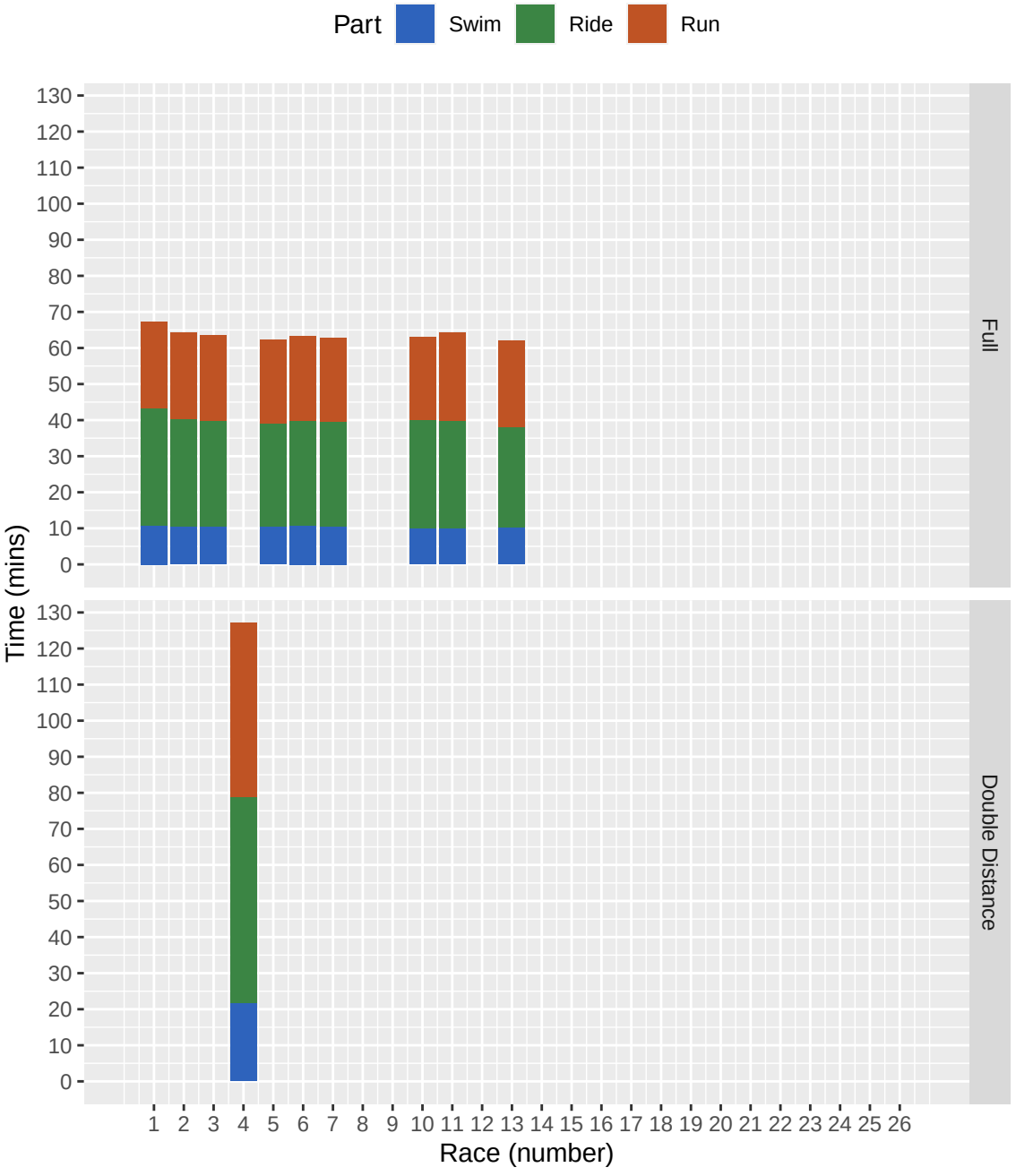
Part
Swim
Ride
Run
Full
Double Distance
Time (mins)
Race (number)
0
10
20
30
40
50
60
70
80
90
100
110
120
130
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26