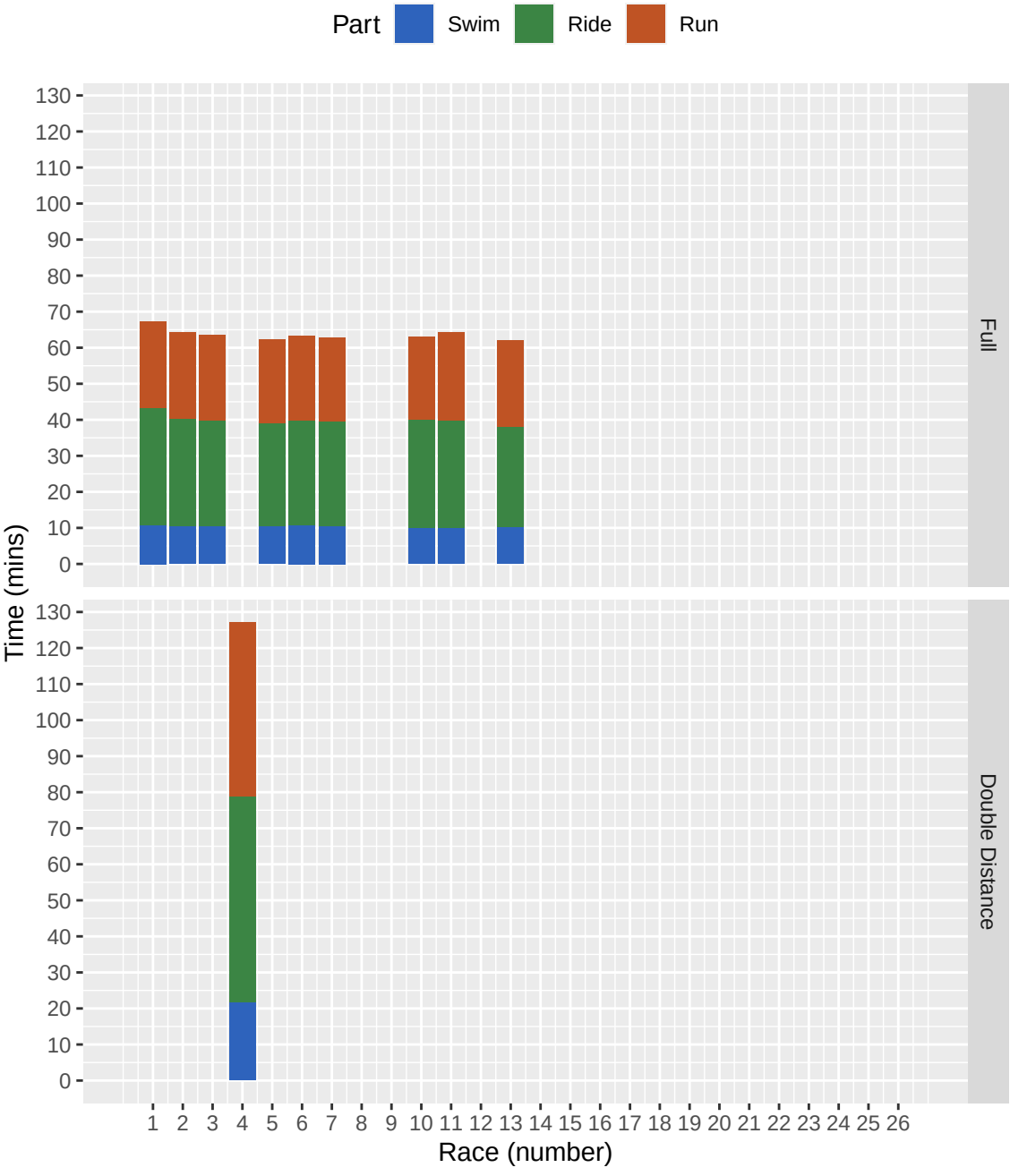
Part
Swim
Ride
Run
Time (mins)
Full
Double Distance
Race (number)
0
10
20
30
40
50
60
70
80
90
100
110
120
130
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26