




IRONMAN Switzerland, Zürich  
**EVENT AREA**

-  **Schwimmen / Swim**  
 1 Runde, 3.8 km /  
 1 Lap, 2.4 miles
-  **Rad / Bike**  
 2 Runden, 180 km /  
 2 Laps, 112 miles
-  **Laufen / Run**  
 4 Runden, 42.2 km /  
 4 Laps, 26.2 miles
-  **Essen, Getränke /  
 Food, Drinks**
-  **Sanität / Medical**
-  **WC / Restrooms**
-  **Infopoint**

