

## Triathlon [en]

Triathlon is a multi-sport event involving the completion of three continuous and sequential endurance events, namely, swimming, cycling and running. The three races take place in immediate succession.

This sport requires strength and endurance, but also good coordination skills, because triathletes are requested to perform different techniques as in swimming, cycling and running.

Triathlon a relatively young event, which made its Olympic debut at the 2000 Sydney Games.

Standard race distances:

	<b>Swim</b>
	<b>Bycicle</b>
	<b>Run</b>
Full	3.8 km
	180 km
	42.195 km
Long Distance	4.0 km
	120 km
	30 km
Half	1.9 km
	90 km
	21 km

### Olympic

	40 km
	10 km
Olimpic MBT	
	1.5 km
	20 km
	5 km
Sprint	
	750 m
	20 km
	5 km
Sprint MBT	
	750 m
	12 km
	5 km
Super sprint	
	400 m
	10 km
	2.5 km
Youth	
	250 m
	8 km
	2 km
Relay	
	250 m
	6.6 km
	1.6 km

200 m

6 km

1.5 km