

Courses

Written by Massimiliano Palermo

Sunday, 30 January 2011 00:00 - Last Updated Sunday, 21 June 2020 20:09

SWIM COURSE

1.9 km □ Lake Maggiore – 2 loops



AronaM
triathlon
(lago Maggiore-I)

Swim 1.9 km
Bike 90 km
Run 21 km

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It starts from Piazza del Popolo (behind the race finish line). Athletes must swim in a clockwise direction, keep all marker buoys on their right. After the first loop, athletes must exit water, cross the timing mats, and repeat the loop into the water.

Exit on Piazza del Popolo, about 30 metre far from the transition area.

BIKE COURSE

90 km – one lap

The bike course begins as athletes exit the transition area over an easy climb to reach the road along the lake and then follow this course:

Athlete will go towards Meina and continue to Lesa; through Belgirate they will arrive in Stresa and then up to Baveno where there will be the turning point that will lead the athletes to Stresa again. From there athlete will go past Belgirate and Lesa again and, turning to frazione Calogna, they will reach Brovello, Carpugnino, Gignese, Armeno, Miasino, Bolzano Novarese and Inverio. From Inverio, via Meina, athletes will get back Arona.

MAP AND ALTITUDE PROFILE

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To see the map and the altitude profile of the bike course click [here](#)

RUN COURSE

21 km - 4 laps

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