



KEY	
S1	SWIM 1
R1	RUN 1
S2	SWIM 2
R2	RUN 2
S3	SWIM 3
R3	RUN 3
S4	SWIM 4
R4	RUN 4
S5	SWIM 5

TOTAL SWIM	3590M
TOTAL RUN	20.2KM
TOTAL DISTANCE	23.94KM

