



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

  

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

