

Course and laps

ICAN Triathlon Gandia

Current published totals, your lap cues and briefing questions.



Current published distances

Full

SWIM

3,800 m

Lap count: confirm

BIKE

182.8 km

Lap count: confirm

RUN

42.25 km

Lap count: confirm

Half

SWIM

1,900 m

Lap count: confirm

BIKE

81.8 km

Lap count: confirm

RUN

21.25 km

Lap count: confirm

Short

SWIM

1,900 m

Lap count: confirm

BIKE

41.3 km

Lap count: confirm

RUN

7.25 km

Lap count: confirm

My entered format

My bike lap-count cue

My run lap-count cue

My last-lap exit cue

Do not infer identical lap lengths by dividing the total distance. Confirm linking sections, the final exit and any changed route with officials.

04 / YOUR REFERENCE CARD

Bring the right questions.

ICAN Triathlon Gandia

Published references are separate from your personal planning spaces.



Swim instructions confirmed at the briefing

Mount / dismount instructions checked

My course / lap questions

READ THE CURRENT COURSE

Official course page

www.icantriathlon.com

Organiser's interactive course map

www.google.com

Federation live timing / TRICV Live

live.triatlocv.org

PUBLISHED CUTOFFS: CHECK YOUR FORMAT

01:40 elapsed / Full swim

09:00 elapsed / Full T2

01:00 elapsed / Half swim

07:30 elapsed / Half complete race

08:15 elapsed / Full km 164: start of final half-lap

23:30 clock time / Absolute finish deadline

04:30 elapsed / Half swim + bike

Elapsed durations and fixed clock deadlines are different. Confirm the official timing basis for your format.

WHAT STILL NEEDS A CHECK

- The current course viewer includes an older run-layer name ending 2023. Exact start/transition pins and a certified 2026 GPX are not supplied here.
- No Short cut-offs were found in the current information page; ask the technical delegate.

YOUR OFFICIAL SOURCE

Official event site: final athlete instructions and updates

www.icantriathlon.com/

