

Course and laps

IRONMAN 70.3 Málaga

Current published totals, your lap cues and briefing questions.



Current published distances

Middle distance

SWIM

1,900 m

1 published laps

BIKE

90 km

1 published laps

RUN

21.1 km

2 published laps

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.

PUBLISHED CUTOFFS: CHECK YOUR FORMAT

01:10 elapsed / Swim

04:30 elapsed / Bike checkpoint at km 71.4

07:25 elapsed / Run checkpoint at km 12.7

03:20 elapsed / Bike checkpoint at km 44.5

05:30 elapsed / Bike completion

08:30 elapsed / Finish

Values marked elapsed use your individual start where the guide specifies it; they are not fixed clock deadlines.

04 / YOUR REFERENCE CARD

Bring the right questions.

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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 2026 venue map

www.google.com

Current official courses: navigate from the organiser homepage

www.ironman.com

WHAT STILL NEEDS A CHECK

- Current schedule and venue map agree on Palmeral de las Sorpresas finish; older introductory text says Calle Larios.
- The official venue map has two swim-start markers in different layers. A single exact swim-start pin is not certified here.
- IRONMAN's published terms restrict deep links and cached content. Its own guide and GPX addresses are research records, not permitted public download buttons; no local IRONMAN GPX is published.

YOUR OFFICIAL SOURCE

Official event site: final athlete instructions and updates

www.ironman.com/

