

Course and laps

IRONMAN Calella-Barcelona

Current published totals, your lap cues and briefing questions.



Current published distances

Full distance

SWIM

3,800 m

1 published laps

BIKE

180 km

2 published laps

RUN

42.2 km

3 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

02:20 elapsed / Swim

09:50 elapsed / End of bike, measured from individual swim start

16:20 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.

IRONMAN Calella-Barcelona

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

2026 athlete guide / Official course overview / Current bike course PDF / Official bike GPX

www.ironman.com

Direct source links are restricted. Use the organiser homepage to navigate to these named references.

WHAT STILL NEEDS A CHECK

- The guide specifies a 180 km bike course; the website says 180.2 km. Swim/run downloads on the course page retain 2025 filenames; they are not presented here as newly certified 2026 tracks.
- Exact registration and transition-entrance coordinates were not confirmed independently. The map shows AEMET's official Gran-Garbí beach reference point for area context; it does not identify a race entrance.

YOUR OFFICIAL SOURCE

Official event site: final athlete instructions and updates

www.ironman.com/

