

## Triathlon [en]

Triathlon is a multi-sport event involving the completion of three continuous and sequential endurance events, namely, swimming, cycling and running. The three races take place in immediate succession.

This sport requires strength and endurance, but also good coordination skills, because triathletes are requested to perform different techniques as in swimming, cycling and running.

Triathlon a relatively young event, which made its Olympic debut at the 2000 Sydney Games.

Standard race distances:

### Swim

### Bycicle

### Run

Full

3.8 km

180 km

42.195 km

Long Distance

4.0 km

120 km

30 km

Half

1.9 km

90 km

21 km

**Olympic**

**1.5 km**

**40 km**

**10 km**

Olimpic MBT

1.5 km

20 km

5 km

Sprint

750 m

20 km

5 km

Sprint MBT

750 m

12 km

5 km

Super sprint

400 m

10 km

2.5 km

Youth

250 m

8 km

2 km

Relay

250 m

6.6 km

1.6 km

Mini Triathlon

200 m

6 km

1.5 km

Italian version

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