

# Marunuma Course map

Live More

JAPAN

Full distance [フルディスタンス]	Aquathlon [アクアスロン]	Long distance [ロングディスタンス]	Duathlon [デュアスロン]
SWIM : 1500m MTB : 25km TRAIL RUN : 10km	SWIM : 1500m TRAIL RUN : 10km	SWIM : 2000m MTB : 45km TRAIL RUN : 20km	TRAILRUN : 2km MTB : 25km TRAIL RUN : 10km

**Trail Run** 5km/1Lap **MTB** 25km/1Lap

**Trail Run** 1km/1Lap **Swim** 500m/1Lap  
Duathlon 1st Run

Kids [キッズ]	Light [ライト]	Sprint [スプリント]
SWIM : 200m MTB : 4km TRAIL RUN : 2km	SWIM : 600m MTB : 9km TRAIL RUN : 4km	SWIM : 200m MTB : 6km TRAIL RUN : 2km

Light Aquathlon [ライト アクアスロン]	Light Duathlon [ライト デュアスロン]
SWIM : 600m TRAIL RUN : 4km	TRAILRUN : 1km MTB : 9km TRAIL RUN : 4km

e-bike XTERRA [e-bike エクステラ]	Relay [リレー]
SWIM : 600m MTB : 9km TRAIL RUN : 4km	SWIM : 600m MTB : 9km TRAIL RUN : 4km

**Swim** 200m/1Lap **MTB** 3km/1Lap **Kids MTB** 2km/1Lap **Trail Run** 1km/1Lap