



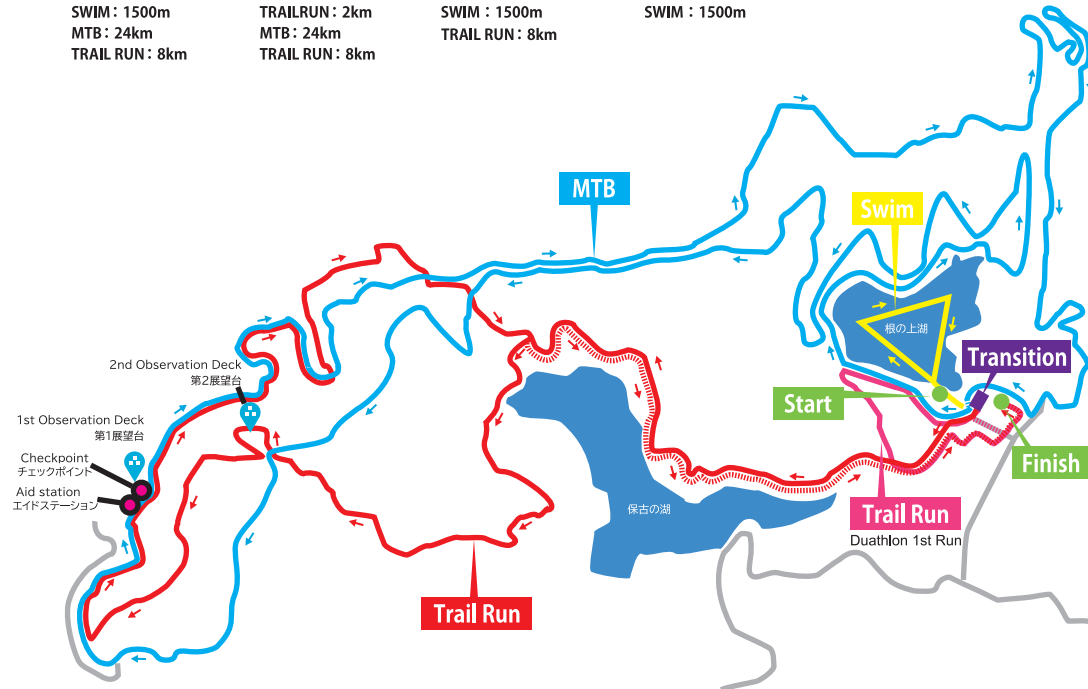
XTEERRA

JAPAN

Nenouekogen Course map

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Full distance [フルディスタンス]	Duathlon [デュアスロン]	Aquathlon [アクアスロン]	Open water swim [オープンウォータースイム]
SWIM : 1500m MTB : 24km TRAIL RUN : 8km	TRAILRUN : 2km MTB : 24km TRAIL RUN : 8km	SWIM : 1500m TRAIL RUN : 8km	SWIM : 1500m



Trail Run 8km/1Lap MTB 12km/1Lap Trail Run 1km/1Lap Duathlon 1st Run Swim 500m/1Lap

Kids [キッズ]
SWIM : 200m MTB : 4km TRAIL RUN : 2km

Light [ライト]
SWIM : 600m MTB : 9km TRAIL RUN : 4km

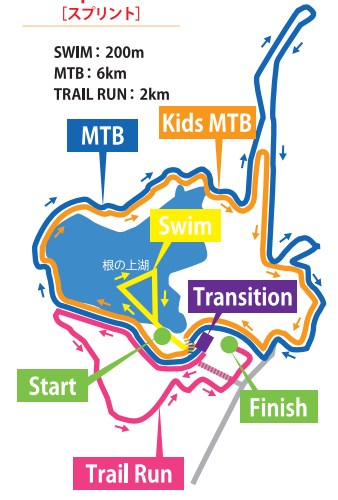
Sprint [スプリント]
SWIM : 200m MTB : 6km TRAIL RUN : 2km

Light Aquathlon [ライトアクアスロン]
SWIM : 600m TRAIL RUN : 4km

Light Duathlon [ライトデュアスロン]
TRAIL RUN : 1km MTB : 9km TRAIL RUN : 4km

Relay [リレー]
SWIM : 600m MTB : 9km TRAIL RUN : 4km

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



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



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