

The time limit for the completion of the individual sections of the, swimming, cycling and running route during IRONMAN 70.3 Warsaw

To be classified during IRONMAN 70.3 Warsaw, race stages must be completed below the time limit listed below.

Time limits:

Stage one - swim: 1 hour 10 minutes

Leaving T1 zone: 1 hour 20 minutes

Stage two - swim & bike: 5 hours 30 minutes

Leaving T2 zone: 5 hours 40 minutes

Stage three – swim, bike & run: 8 hours 30 minutes

Finishing times of individual sections of the race route:

Route point (km)	Route point description	Hour (HH:MM)	Notes.
Swim – 1900 m	Swimming finish line	11:30	Finishing time of the swimming stage
Transistion Zone (T1)	Leaving T1 zone	11:40	After this hour you will not be able to go on the cycling route
Bike – 54 km	Nieporęt - Roundabout of John Paul II	14:10	After this hour you will not be able to continue the race.
Bike - 78 km	Wisłostrada, Sanguszeki Street	15:15	After this time you will not be able to continue the race.
Bike – 90 km	Arrival to T2 zone	15:50	Finishing time of the cycling stage
Transistion Zone (T2)	Leaving T2 zone	16:00	After this hour you will not be able to go on the running route
Run – 21,1 km	Finish line	18:50	Finishing time of the running stage, after this time there will be a disqualification