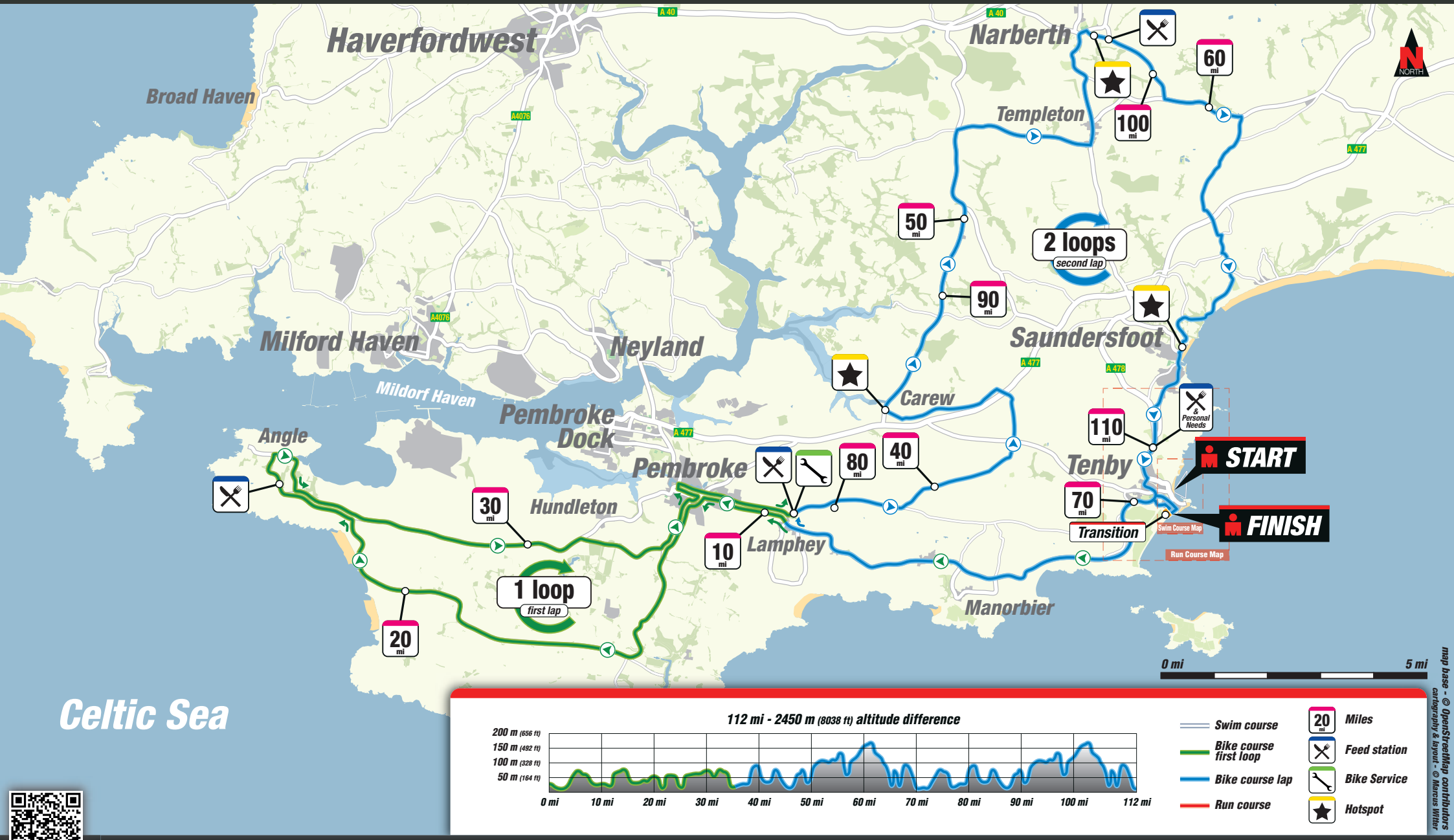
IRONMAN WALES CYMRU

BIKE COURSE

2 loops

course distance - 112 mi



Swim course
Bike course first loop
Bike course lap
Run course

20 mi Miles
Feed station
Bike Service
Hotspot

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subject to alterations