

2022

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start time **BIB** **swim cap** **Category**
06:30 1-50 mixed Pro M
06:35 51-100 mixed Pro W

Estimated start time	BIB	swim cap	Category
06:45	101-280	black	Middle distance
06:52	281-426	light green	Middle distance
06:58	427-619	silver	Middle distance
07:05	620-829	red	Middle distance
07:11	830-974	white	Middle distance
07:16	975-1126	blue	Middle distance
07:22	1127-1250	orange	Middle distance
07:30	1301-1330	yellow	Aquabike
after 7:30 single start from transition	1380-1400		Bike-Run

relay start with colour of swim cap depending on the swim time