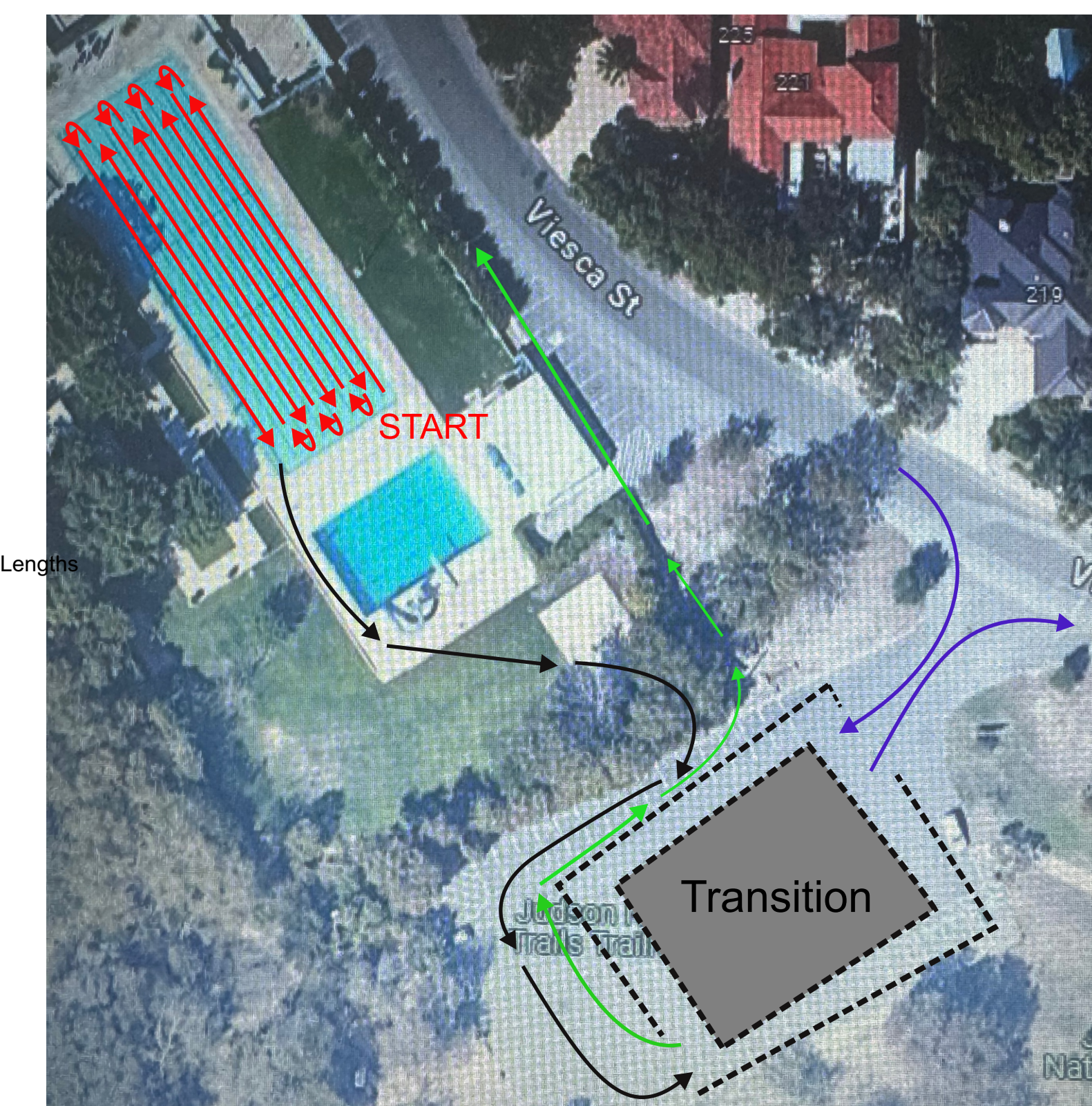




Swim: 8 lengths

Transition

Bike out, Bike in

Run