



Quarteira
2026



RACE MAP

28th March 2026

2026 Europe Triathlon Cup Quarteira

DISTANCES:  **SWIM** 1500 m  **BIKE** 40 000 m  **RUN** 10000 m 



2026 Europe Triathlon Cup Quarteira

DISTANCES:



1 500 m



BEACH START

Swim Exit



FINISH LINE

Second Lap

Beach Quarteira



SWIM
1 500 m
2 lap

100 m



2026 Europe Triathlon Cup Quarteira

DISTANCES:



40 000 m

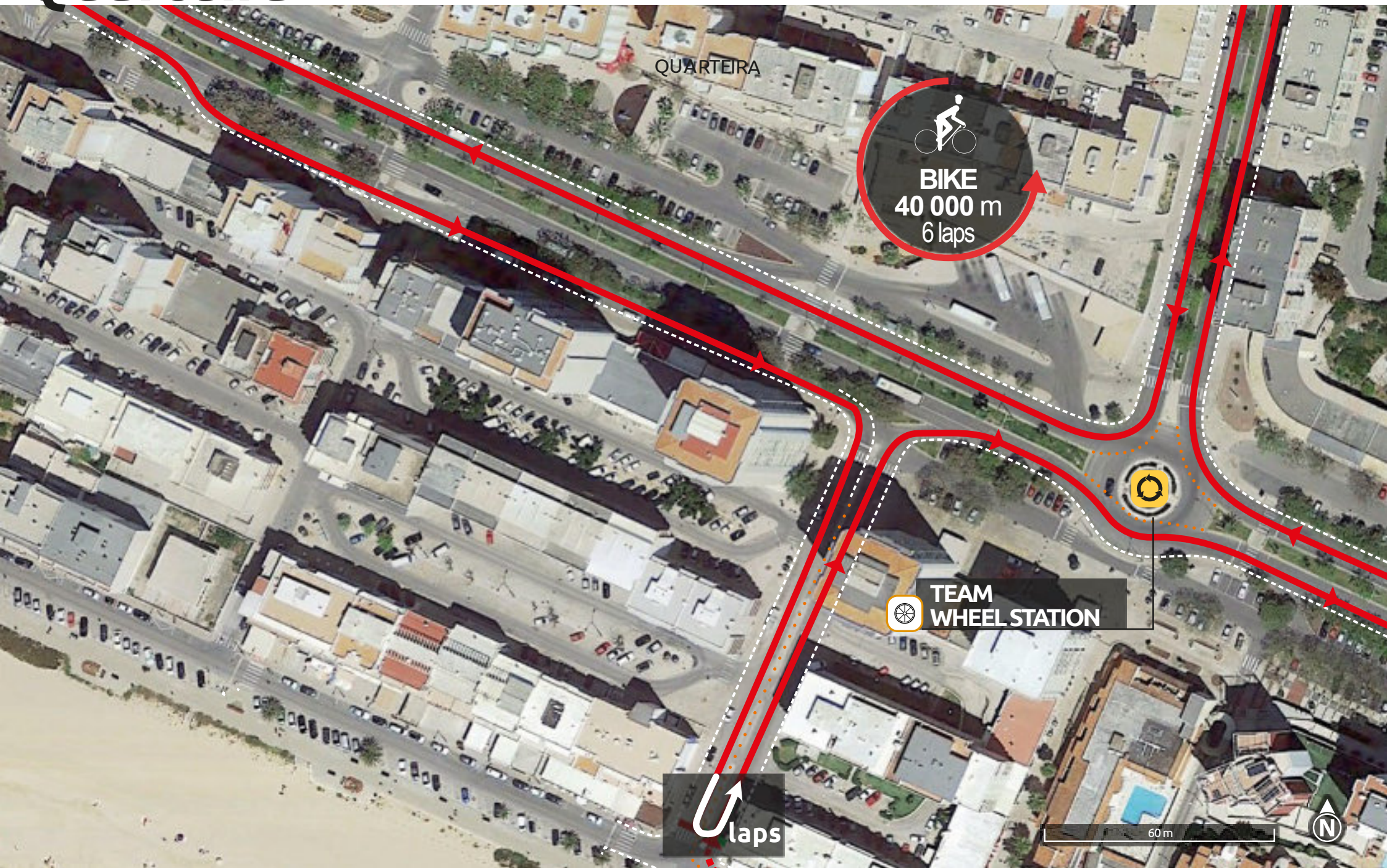


2026 Europe Triathlon Cup Quarteira

DISTANCES:



40 000 m



QUARTEIRA


BIKE
40 000 m
6 laps

 **TEAM
WHEEL STATION**

 laps

60 m



2026 Europe Triathlon Cup Quarteira

DISTANCES:



40 000 m
6x

QUARTEIRA


BIKE
40 000 m
6 laps

Turning Point 1

Turning Point 3

Turning Point 2



FINISH LINE



TRANSITION AREA

400 m

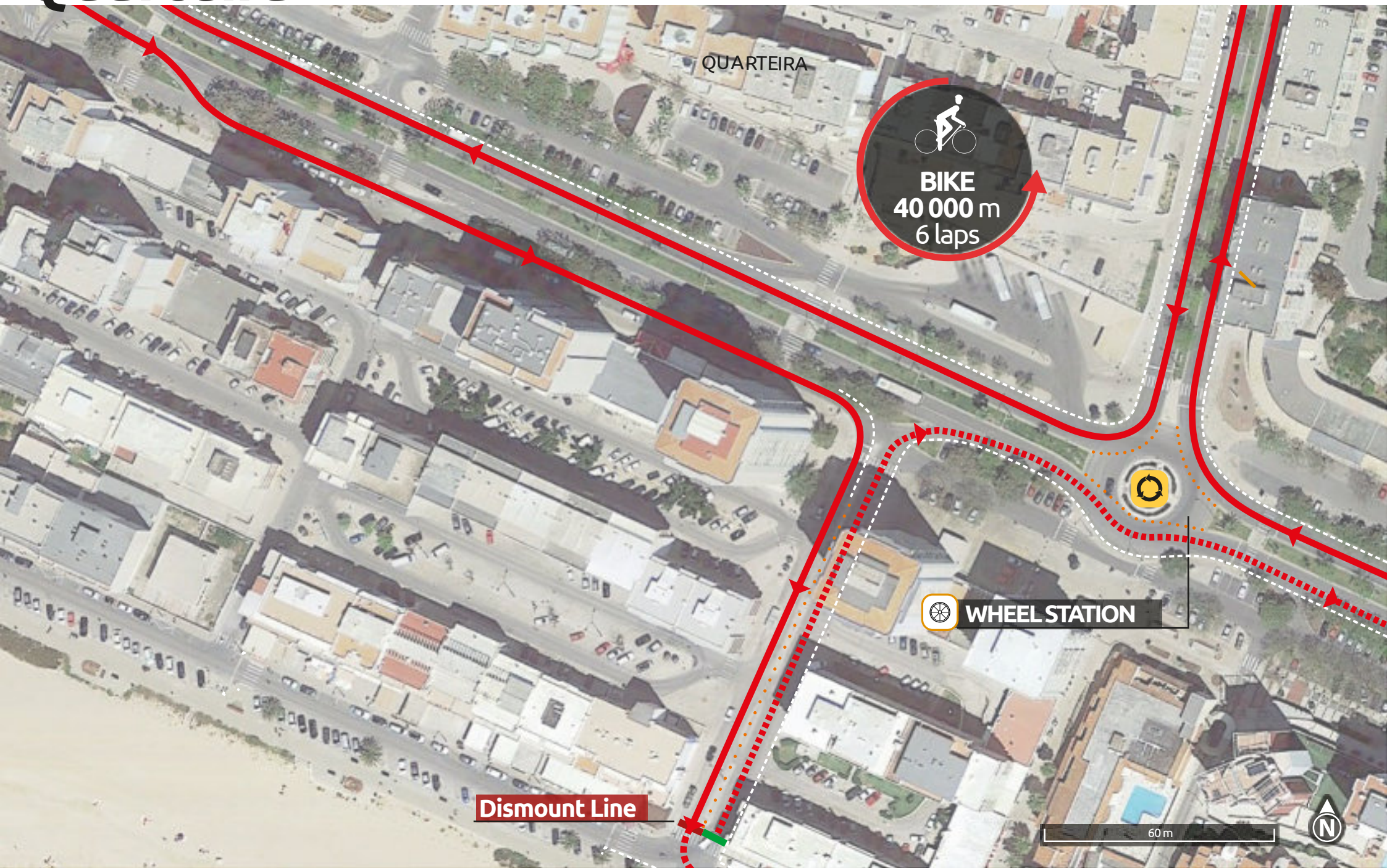


2026 Europe Triathlon Cup Quarteira

DISTANCES



40 000 m



QUARTEIRA



BIKE
40 000 m
6 laps



WHEEL STATION

Dismount Line

60 m



2026 Europe Triathlon Cup Quarteira

DISTANCES:



4x 10 000 m



BIKE
40 000 m
6 laps

Dismount Line

QUARTEIRA

Praia de Quarteira



TRANSITION AREA



RUN
10 000 m
4 laps

Run Turning Point

30 m



2026 Europe Triathlon Cup Quarteira

DISTANCES:



10 000 m



3º. Run
Turning Point



AID STATION



FINISH LINE



PENALTY BOX

1º. Run
Turning Point



AID STATION

2º. Run
Turning Point



RUN
10 000 m
4 laps

100 m

