

loulé
Aqui e Agora

Quarteira
FREGUESIA

 **FEDERAÇÃO DE TRIATLO
PORTUGAL**



 **Europe
Triathlon
Cup**

**Quarteira
2025**

loulé
Aqui e Agora

RACE MAP

29th March 2025

2025 Europe Triathlon Cup Quarteira

DISTANCES: **SWIM** 1500 m **2x** **BIKE** 40 000 m **6x** **RUN** 10000 m **4x**




2025 Europe Triathlon Cup Quarteira

DISTANCES:




2x

1 500 m

 **BEACH START**

Swim Exit

 **FINISH LINE**

Second Lap

Beach Quarteira



SWIM
1 500 m
2 lap

100m



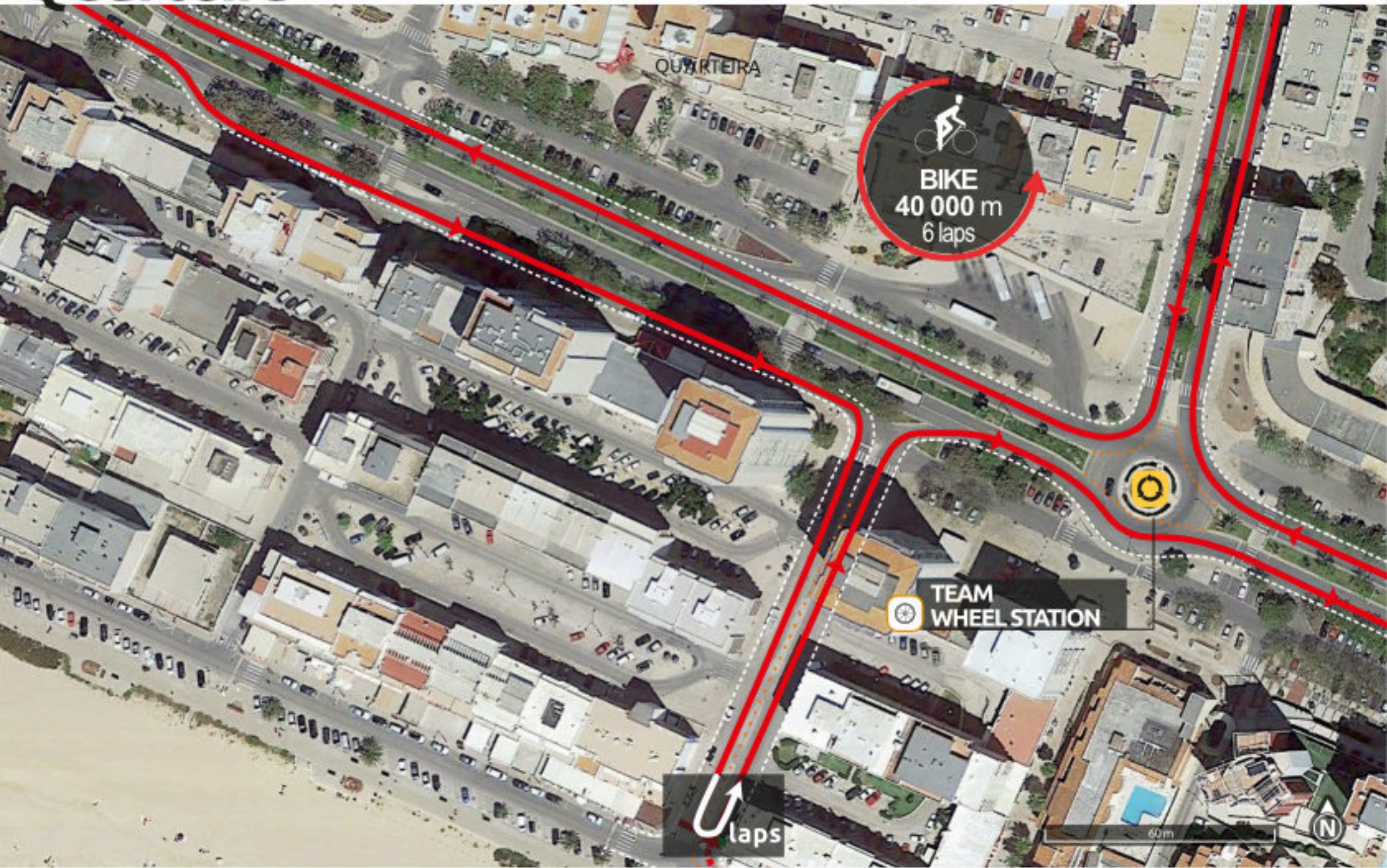
2025 Europe Triathlon Cup Quarteira

DISTANCES:
SWIM → BIKE 40 000 m
6x



2025 Europe Triathlon Cup Quarteira

DISTANCES:  BIKE  40 000 m



 laps

 TEAM WHEEL STATION

 BIKE
40 000 m
6 laps

60m



2025 Europe Triathlon Cup Quarteira

DISTANCES:



40 000 m
6x



QUARTEIRA

Turning Point 1

Turning Point 1

Turning Point 2

Turning Point 3

FINISH LINE

TRANSITION AREA

400 m



2025 Europe Triathlon Cup Quarteira

DISTANCES



40 000 m
6x



BIKE
40 000 m
6 laps

WHEEL STATION

Dismount Line

60m




2025 Europe Triathlon Cup Quarteira

DISTANCES:



10 000 m





BIKE
40 000 m
6 laps

Dismount Line

Praia de Quarteira



TRANSITION AREA


RUN
10 000 m
4 laps

Run Turning Point

30 m



2025 Europe Triathlon Cup Quarteira

DISTANCES:



4x 10 000 m



3° Run
Turning Point

AID STATION

FINISH LINE

PENALTY BOX

1° Run
Turning Point

AID STATION

2° Run
Turning Point

RUN
10 000 m
4 laps

100 m

