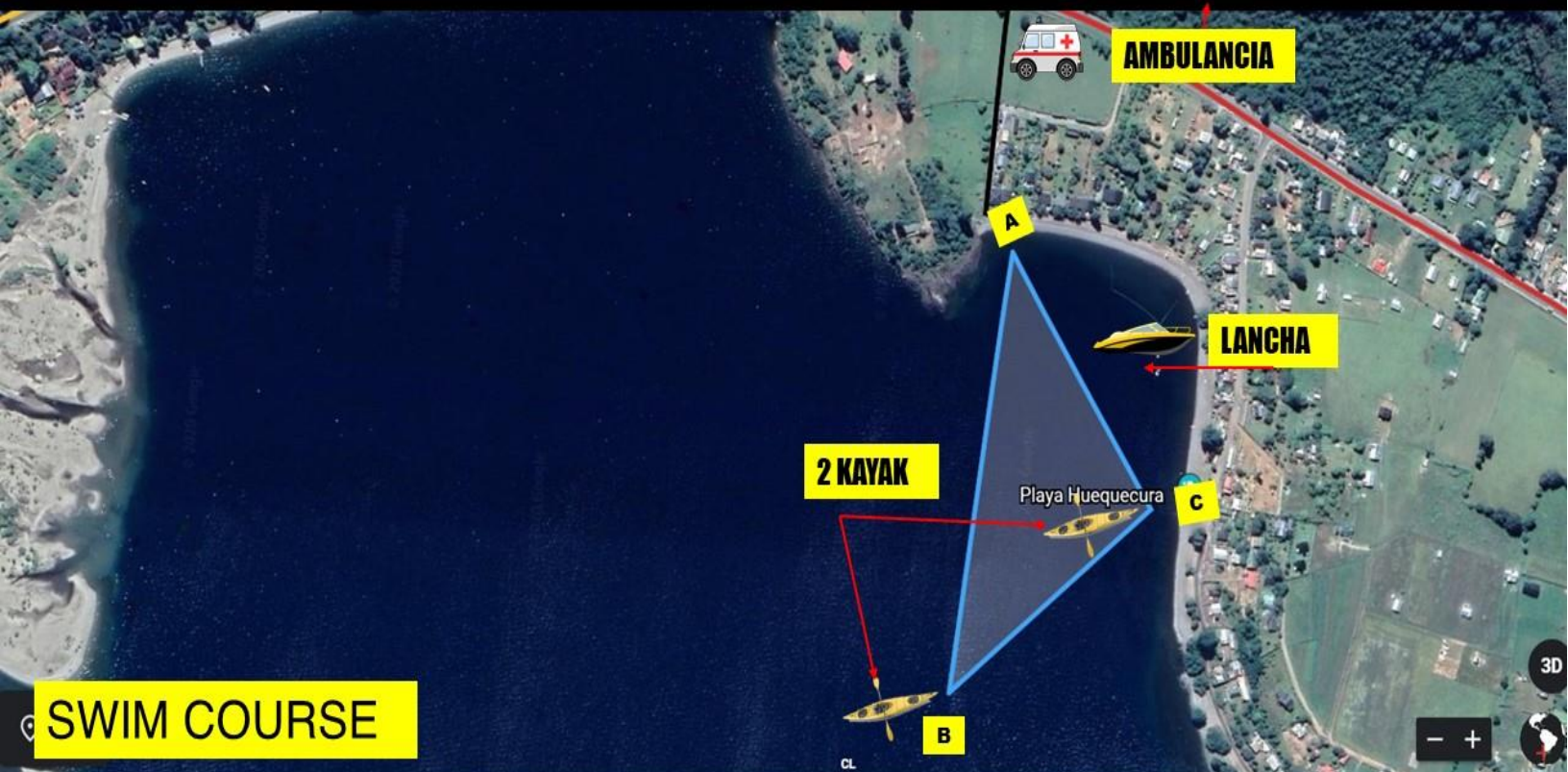


SWIM HALF = 1,90 K 2 times ABCA
 SWIM CUARTO Y OCTAVO = 0,95 K 1 times ABCA
 DISTANCE AB = 0,450 K
 DISTANCE BC = 0,250 K
 DISTANCE BA = 0,250 K

TOUGHMAN HALF



BIKE HALF = $AB + BDB(2 \text{ VECES}) + BA = 1.5 \text{ K} + 87 \text{ K} + 1.5 \text{ K} = 90 \text{ K}$
 BIKE CUARTO = ADA = 46,5 K
 DISTANCE AD = ACA = 20,0 K

TOUGHMAN HALF



RUN HALF = 4 times AXA = 21.0 K
RUN CUARTO = 2 times AXA = 10.5 K
RUN OCTAVO = 1 times AXA = 5.2 K

TOUGHMAN HALF



DISTANCE AX = 2,625 K

