



Swimcourse

4:18:4

Vouliagmeni

1 loop
Distance - 400 m

Βασιλέως Κωνσταντίνου

Αθηνών - Σουνίου Athinon - Souniou



Transition

Παραλία Βάρκιζας
Beach of Varkiza

START

Swim out

200
m

Swim course

200
m Meter

Aid Station

Copyright map base: OpenStreetMap contributors
Copyright cartography & layout: Marcus Witter

Βούλας
Voula

91

Βουλιαγμένη
Vouliagmeni

 **START**

 **FINISH**

Transition

15
km

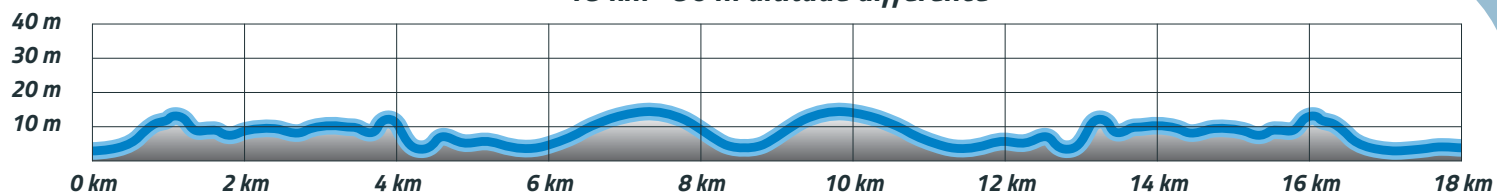
5
km

10
km

Όρμος Βάρης
Vari Bay

1 loop

18 km - 80 m altitude difference



 **Bike Course**

10
km

Kilometer



Timing Mat



4:18:4

Vouliagmeni

Bike course

1 loop

Distance - 18 km

status: 05/2024

Copyright map base: OpenStreetMap contributors
Copyright cartography & layout: Marcus Witter

Βάρκιζα
Varkiza

Run out

Transition

FINISH

START

1 loop

Όρμος Βάρης
Vari Bay

Run course



4:18:4

Vouliagmeni

1 loop
Distance - 4 km



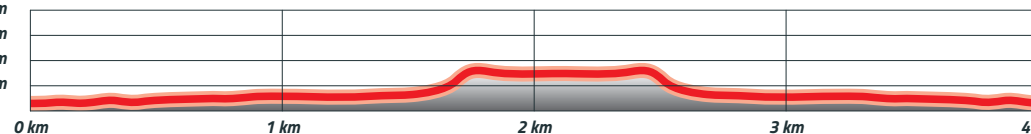
2 km

3 km

1 km

4 km - 30 m altitude difference

80 m
60 m
40 m
20 m



Run Course

1 km

Kilometer



Aid Station



Timing Mat