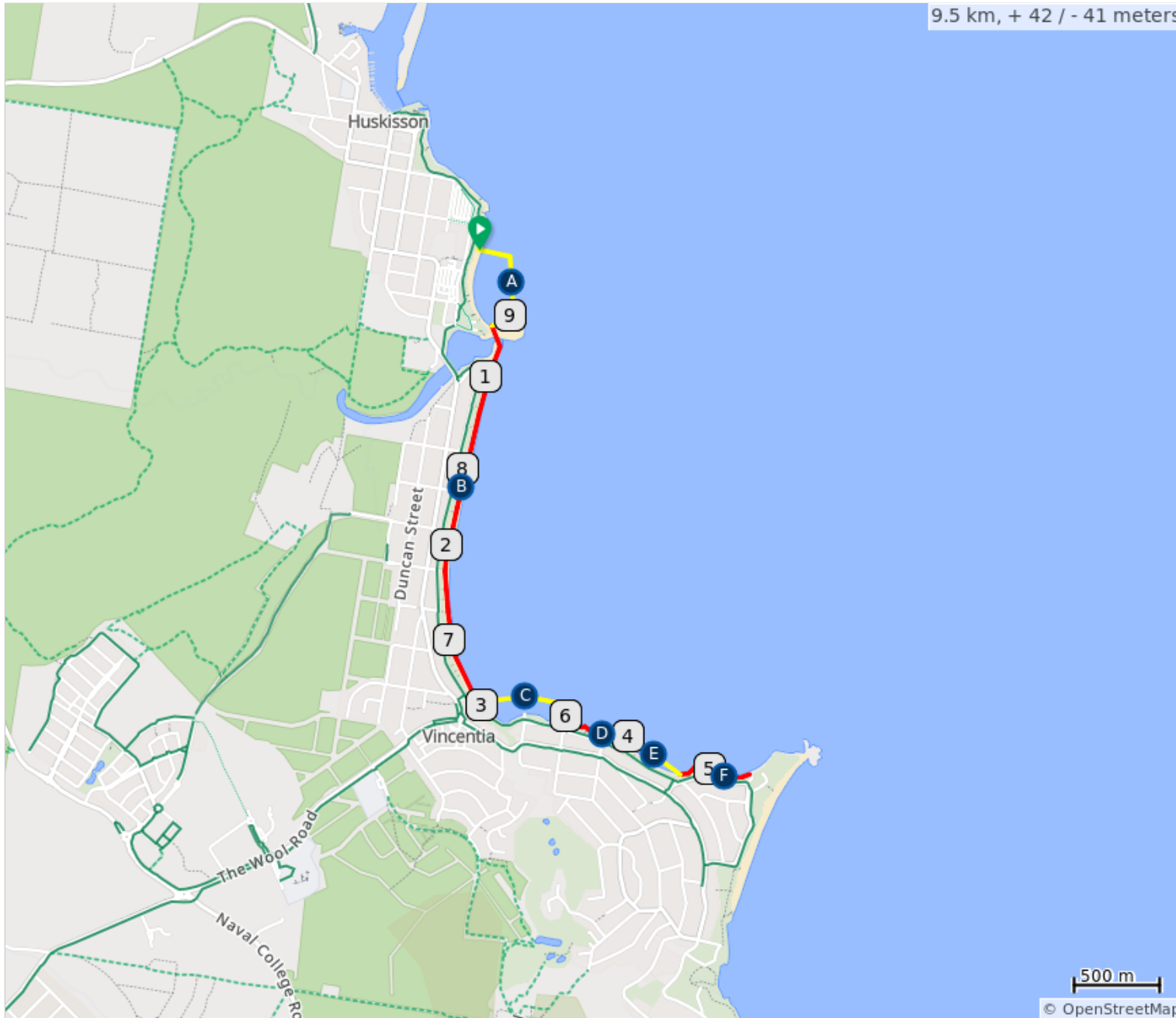


SwimRun Jervis Bay 2023 - Short Course



9.5 km, + 42 / - 41 meters



A.	Leg 1/12 - 700m swim
B.	Leg 2/11 - 2300m run
C.	Leg 3/10 - 700m swim
D.	Leg 4/9 - 300m run
E.	Leg 5/8 - 400m swim
F.	Leg 6/7 - 450m run