

# LOS DOS

indoor duathlon

<u>Wave #</u>	<u>Start</u>	<u>Bike</u>	<u>Transition</u>	<u>Run</u>	<u>Finish</u>
1	6:30am	6:30 - 6:50am	6:50 - 7:00am	7:00 - 7:30am	7:30am
2	7:15am	7:15 - 7:35am	7:35 - 7:45am	7:45 - 8:15am	8:15am
3	8:00am	8:00 - 8:20am	8:20 - 8:30am	8:30 - 9:00am	9:00am
4	8:45am	8:45 - 9:05am	9:05 - 9:15am	9:15 - 9:45am	9:45am
5	9:30am	9:30 - 9:50am	9:50 - 10:00am	10:00 - 10:30am	10:30am
6	10:15am	10:15 - 10:35am	10:35 - 10:45am	10:45 - 11:15am	11:15am
7	11:00am	11:00 - 11:20am	11:20 - 11:30am	11:30 - 12:00pm	12:00pm
8	11:45am	11:45 - 12:05am	12:05 - 12:15pm	12:15 - 12:45pm	12:45pm
9	12:30pm	12:30 - 12:50pm	12:50 - 1:00pm	1:00 - 1:30pm	1:30pm
10	1:15pm	1:15 - 1:35pm	1:35 - 1:45pm	1:45 - 2:15pm	2:15pm
11	2:00pm	2:00 - 2:20pm	2:20 - 2:30pm	2:30 - 3:00pm	3:00pm
12	2:45pm	2:45 - 3:05pm	3:05 - 3:15pm	3:15 - 3:45pm	3:45pm

