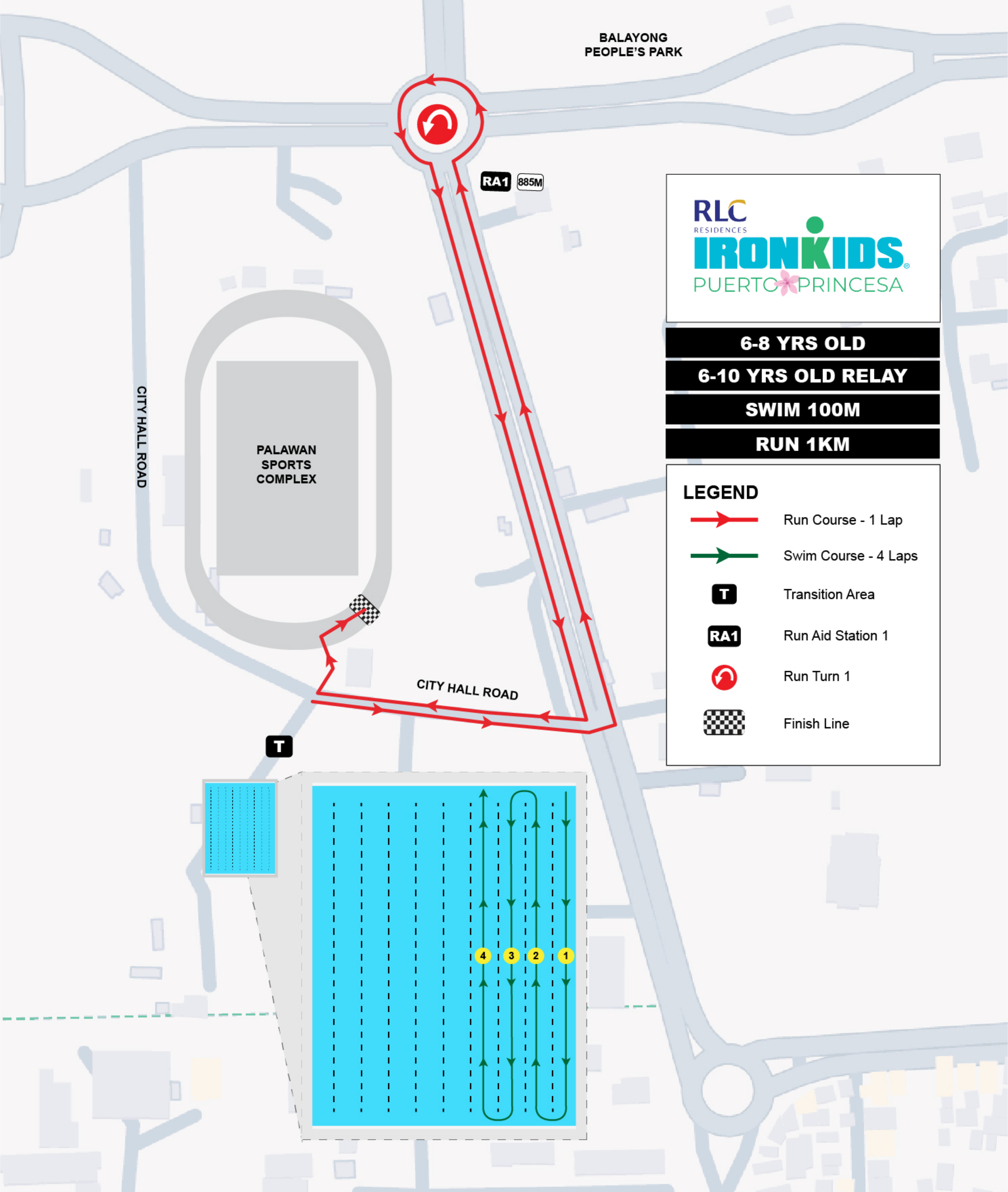




RLC
RESIDENCES
IRONKIDS
PUERTO PRINCESSA

6-8 YRS OLD

6-10 YRS OLD RELAY

SWIM 100M

RUN 1KM

LEGEND

- Run Course - 1 Lap
- Swim Course - 4 Laps
- Transition Area
- Run Aid Station 1
- Run Turn 1
- Finish Line

Graph: Min, Avg, Max Elevation: 18, 22, 30 m
Range Totals: Distance: 1.08 km Elev Gain/Loss: 23.8 m, -23.7 m Max Slope: 15.4%, -16.5% Avg Slope: 4.0%, -3.9%



BALAYONG
PEOPLE'S PARK

RLC
RESIDENCES
IRONKIDS
PUERTO PRINCESA

9-10 YRS OLD

SWIM 150M

RUN 1.5KM

LEGEND

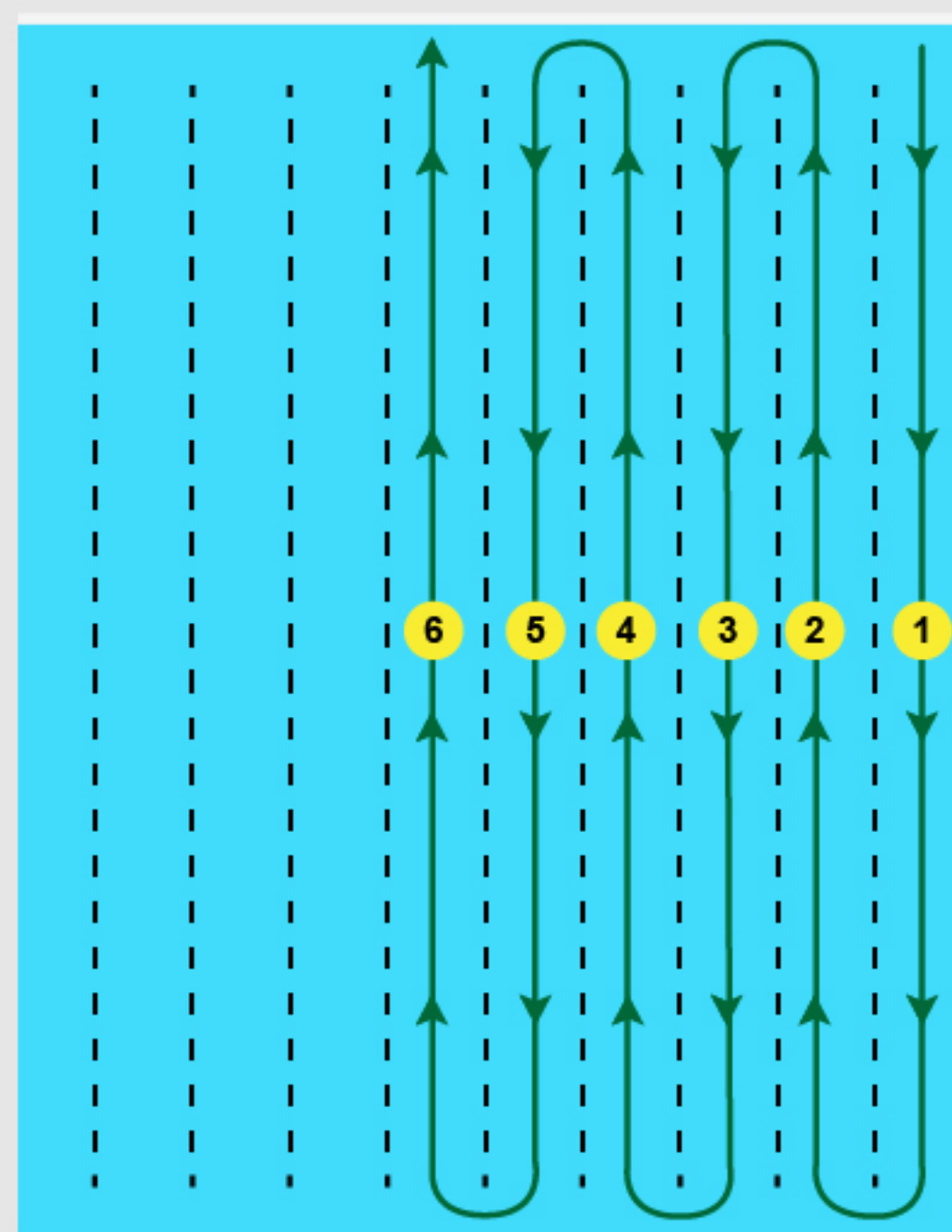
-  Run Course - 1 Lap
-  Swim Course - 6 Laps
-  Transition Area
-  Run Aid Station 1
-  Run Turn 1
-  Run Turn 2
-  Finish Line

PALAWAN
SPORTS
COMPLEX

CITY HALL ROAD

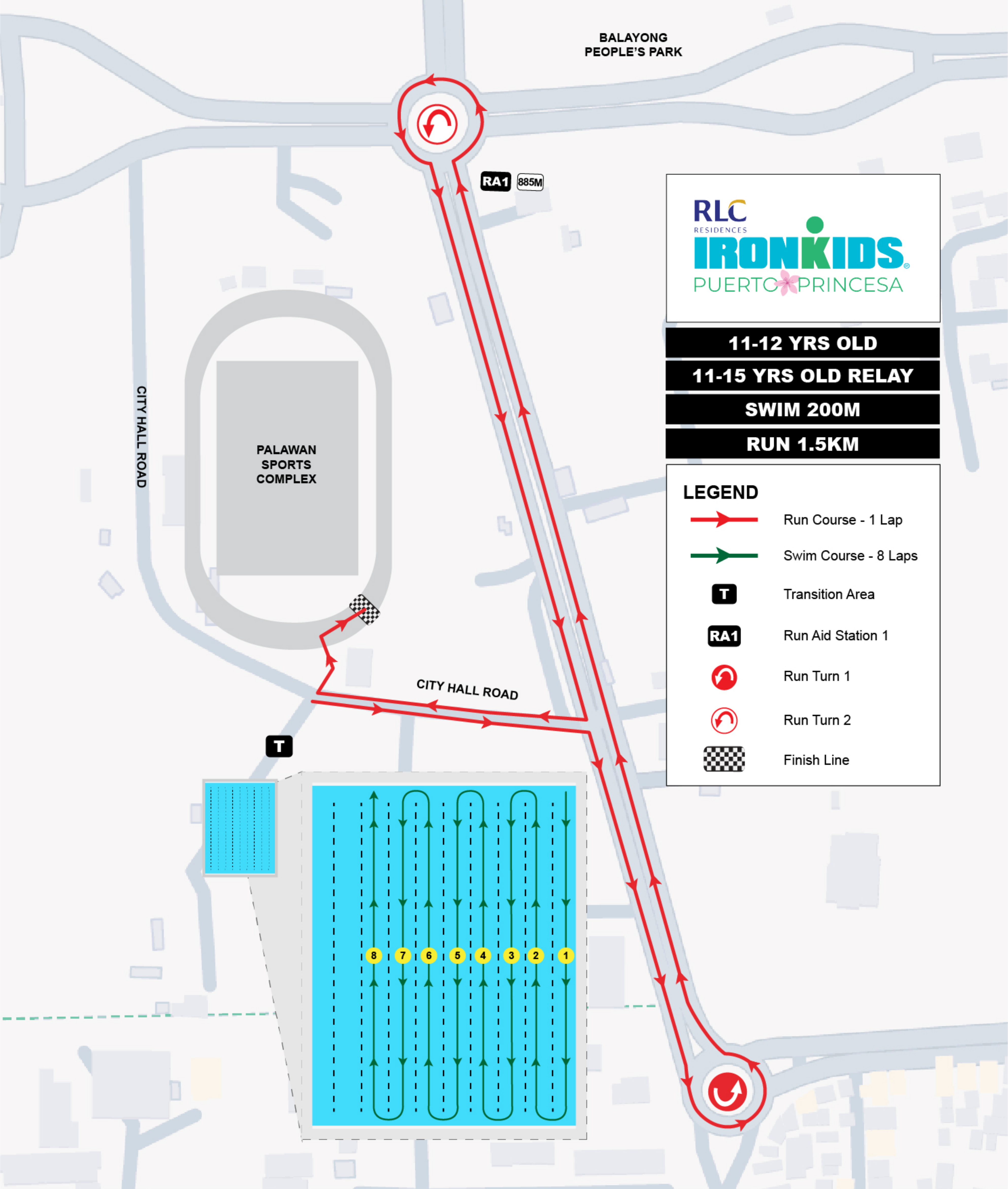
CITY HALL ROAD

T



Graph: Min, Avg, Max Elevation: 14, 20, 30 m
Range Totals: Distance: 1.55 km Elev Gain/Loss: 32.1 m, -32.1 m Max Slope: 15.4%, -16.6% Avg Slope: 3.8%, -3.5%





RLC
RESIDENCES
IRONKIDS
PUERTO PRINCESA

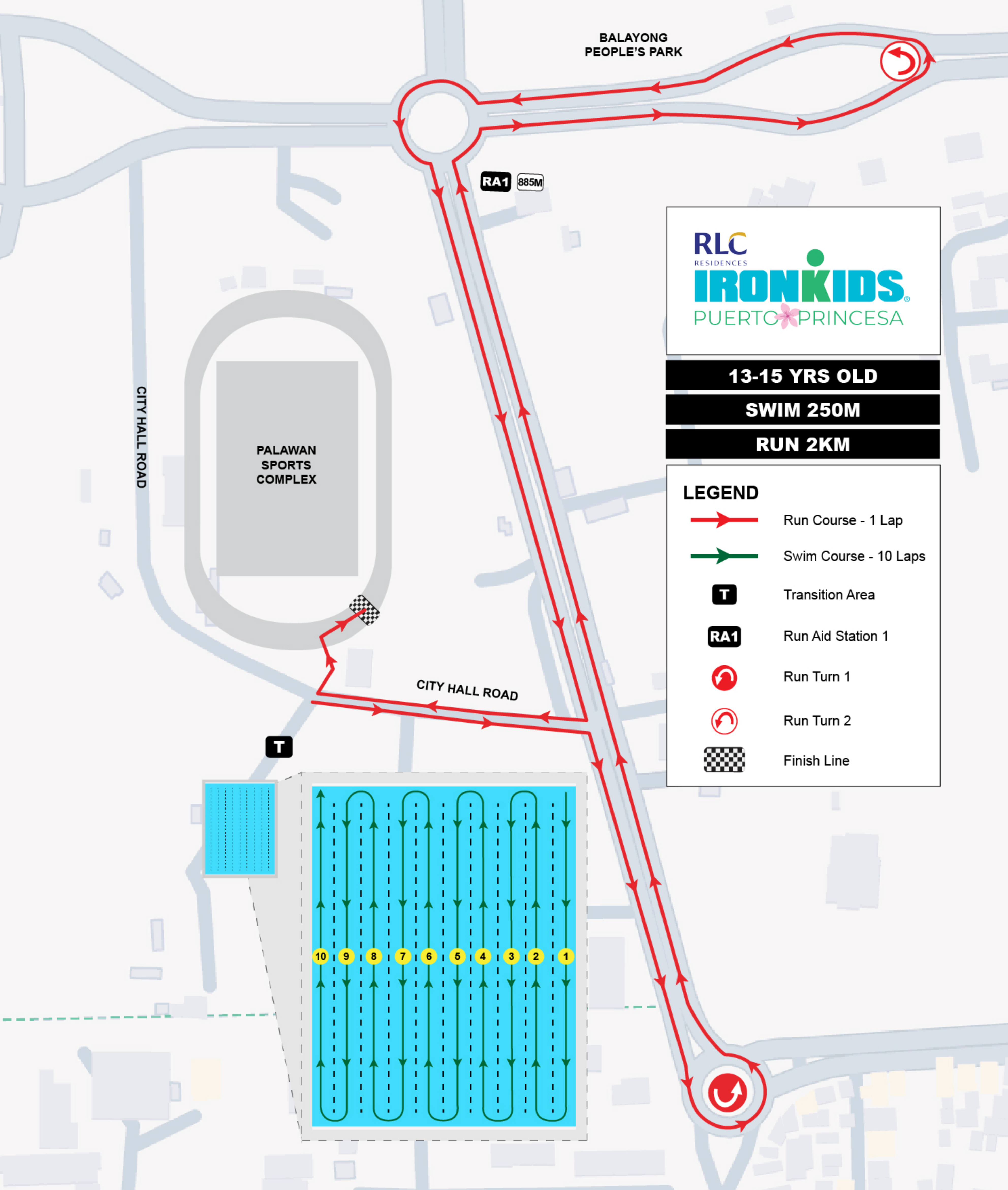
11-12 YRS OLD

11-15 YRS OLD RELAY

SWIM 200M

RUN 1.5KM





RLC
RESIDENCES
IRONKIDS
PUERTO PRINCESA

13-15 YRS OLD

SWIM 250M

RUN 2KM

LEGEND

-  Run Course - 1 Lap
-  Swim Course - 10 Laps
-  Transition Area
-  Run Aid Station 1
-  Run Turn 1
-  Run Turn 2
-  Finish Line

