

INVITATION TO

ITH HENNESEE TRIATHLON

31st AUGUST 2008 in Meschede, Germany



0,7 km

— Swimming

The 700-Meter-swimming-track runs along Mielinghausen bay leading towards Enkhausen. The swimmers will do one lap in a triangle-course.



20 km

— Cycling

With a distance of 20 km the cycling-track is varied and challenging. An aid station in Heggen will provide food and drinks for the members.



5 km

— Running

The running-track leads along the coast of lake Hennesee. After 2,5 km the runners will approach the turn around point.



MAP OF GERMANY



● **Start & Finish** and transition area will be located in Mielinghausen bay.

For further info or announcement please visit www.stadtmarketing-meschede.de or contact ITH GmbH.

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