

## ★ Chapman Road Ride



## Waitakere Triathlon & Multisport Club Winter Training Bike Ride Component



- Out, 1 lap and back = 6km
- Out, 2 laps and back = 8.65km
- Out, 3 laps and back = 11.3km
- Out, 4 laps and back = 13.95km
- Out, 5 laps and back = 16.6km
- Out, 6 laps and back = 19.25km

Each additional lap is 2.65km

