

VINFAST
IRONMAN 70.3
 WORLD CHAMPIONSHIP
 Lahti | Finland

HOKA
 FLY HUMAN FLY

RUN COURSE
 13.1 mi - 21.1 km
 2 LOOPS

- COURSE LOOPS
- END 2nd LOOP TO FINISH
- MILE MARKERS
- KM MARKERS
- FULL AID STATION
- GATORADE THIRST QUENCHER AVAILABLE
- RED BULL AVAILABLE
- MAURTEN AVAILABLE
- PRO FLUIDS



Start Elevation: 328 ft / 100 m • Finish Elevation: 334 ft / 102 m • Total Elevation Gain: 650ft / 198 m

