

LONG	km
RUN 1	1.7
SWIM 1	0.7
RUN 2	0.2
SWIM 2	0.35
RUN 3	2.7
SWIM 3	0.45
RUN 4	2.7
SWIM 4	0.52
RUN 5	3.3
SWIM 5	0.26
RUN 6	9.2
SWIM 6	0.44
RUN 7	7.5
SWIM 7	0.76
RUN 8	0.1

TOTAL 30.88

SHORT	km
RUN 1	1.7
SWIM 1	0.68
RUN 2	0.2
SWIM 2	0.35
RUN 3	1.7
SWIM 3	0.52
RUN 4	3.3
SWIM 4	0.26
RUN 5	1.7
SWIM 5	0.44
RUN 6	7.5
SWIM 6	0.76
RUN 7	0.1

19.21