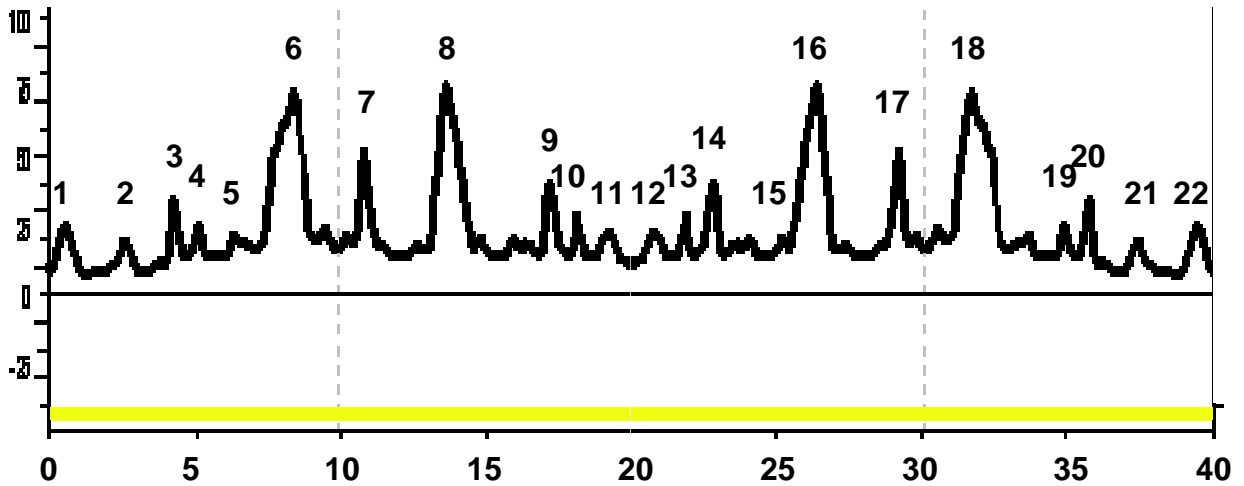


LOMBOK ²⁰⁰⁷ TRIATHLON

PREPARE TO WEEP

BIKE COURSE PROFILE



Hill no.	KM	Altitude (m)	Average %	Ascend (m)	Length (m)
1	0.5	32	5.2%	18	349
2	2.6	31	4.4%	14	317
3	4.3	40	11.7%	24	205
4	5.1	31	5.2%	12	230
5	6.3	28	11.9%	8	67
6	8.4	78	5.3%	54	1018
7	10.8	58	11.2%	36	332
8	13.6	81	10.8%	60	558
9	17.2	44	10.2%	26	256
10	18.1	34	13.6%	15	110
11	18.9	24	10.1%	7	69
12	21.1	24	5.1%	11	214
13	21.9	34	7.8%	16	206
14	22.9	44	10.2%	23	226
15	25.2	63	3.5%	7	198
16	26.4	81	7.1%	62	877
17	29.2	58	10.5%	37	353
18	31.6	78	8.4%	55	652
19	34.9	31	6.4%	14	220
20	35.7	40	8.2%	21	257
21	37.4	31	4.5%	16	358
22	39.5	32	3.8%	18	474
Total Ascend Bike Course:				704	