



RULES

- No assistance is permitted from a spectator to an athlete (*puncture, refueling, etc.*).
- It is forbidden to follow an athlete (*run with him, follow on a bike...*).
- It is forbidden to cross the finish line with an athlete under penalty of **disqualification!**



Track your athletes in real time and check their results with the IRONMAN Tracker app.



Schedule

June, Saturday 29th, 2024

SWIM START

15:15 - Start IRONMAN 70.3
15:37 - Exit first swimmer
16:40 - Exit last swimmer

TRANSITION

15:37 - Arrival first Athlete

BIKE

15:40 - First athlete expected on bike course
19:25 - Final Bike cut off

RUN

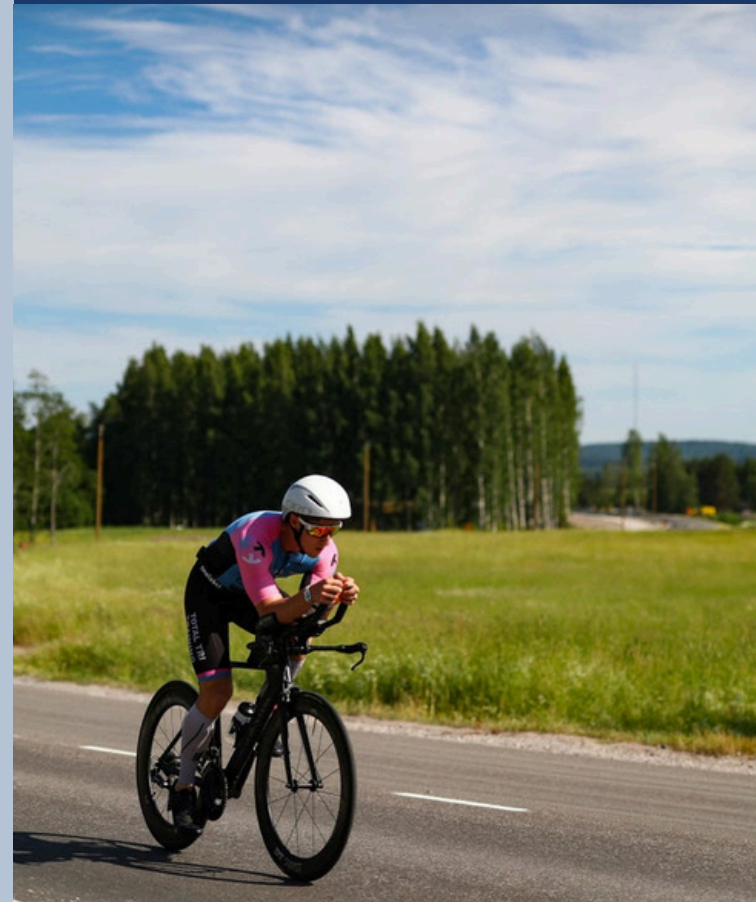
18:00 - First athlete expected on bike course

FINISH LINE

19:15 - Male AG winner crosses the finish line
19:35 - Female AG winner crosses the finish line
00:00 - Finish Line closes, last athletes



Each IRONMAN race is a qualifying event for the World Championships. IRONMAN 70.3 Lahti offers **45 slots for the VinFast IRONMAN 70.3 World Championship**. The 2024 edition will take place in Taupo, New Zealand on December 14 and 15, 2024.



Spectator GUIDE

COURSES

SWIM

1.9 km (1.2 mile) - 1 lap with a rolling start. The start will happen from the public beach and the Swim Exit is in front of Sibelius Hall.

BIKE

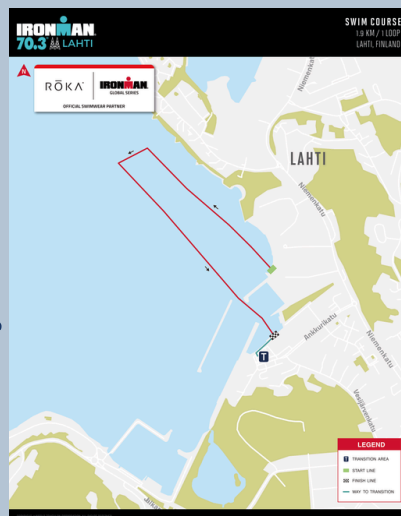
The one-loop 90 km (56 mile) bike course leads athletes through forests along lakes and across rolling hills surrounded by typical Finnish villages like Hollola, Sairakkala, Kärkölä, Vesala and Hollola for a second time before heading back to Lahti.

RUN

The three-loop 21.1 km (13.1 mile) run course is very flat and consists of asphalt and gravel surfaces. The course leads athletes along the lakeside, before finishing at Sibelius Hall, a short distance away from the city centre.



swim



1.9KM

bike



90KM

run



21.1KM

ROAD CLOSURE & PARKING

There will be a number of road closures in and around Lahti, Hollola, Sairakkala, Kärkölä and Vesala on the day of the event. Marshals will be present to allow access for emergency services, residents, and businesses. For full list of road closures, visit [WEB PAGE](#)

MAINEVENT SITE– Lahti Harbour
Ankkurikatu 7, 15140 Lahti

SWIMSTART – Public beach next to Sibelius Hall
Athletes and spectators are advised to use local bus transportation or leave their cars to Lahti Sport and Fair Centre (Salpausseläntäkatu 8.)

WHAT IS IRONMAN 70.3?

IRONMAN 70.3 is a triathlon comprising of a 1.9 km swim, a 90 km bike ride and then a half marathon of 21.1km, all to be completed consecutively within 8 hours 15min.

IRONMAN was founded in 1978 when some athletes in Hawaii were discussing who the fittest athlete would be. One suggested that they combine the three existing long-distance events on the island to settle the debate.

13 athletes completed that first race and since then the sport has grown into a global series with 60,000 athletes competing each year across over 170 races worldwide.