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## IRONMAN 70.3 Portugal

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### ABOUT



In September, IRONMAN 70.3 will take place in Cascais, along the Atlantic coast. Don't miss it! This competition, which includes swimming, cycling and running, is part of the world's largest triathlon organization and offers 50 qualifying slots for the IRONMAN 70.3 World Championship 2018. In Portugal, the event takes place in the area of Cascais, a lively and cosmopolitan village by the sea, and starts with one loop swim in front of the fortress. The 90 km loop cycle course takes off in Cascais and along the Avenida Marginal (coastline road) until Algés, passing through Oeiras with beautiful views of the Atlantic Ocean. The return route is made along another road overlooking the Serra de Sintra, reaching Cascais via the Guincho road. The race ends with a two loop run course along the 3 km (Paredão) promenade next to the Cascais, Estoril and São Pedro beaches.

Start Date: 2019-09-29

End Date: 2019-09-29

### Contacts

Cascais

Website: <http://eu.ironman.com/pt-pt/triathlon/events/emea/ironman-70-3/cascais.aspx#axzz4T127DRsX>

Social Networks: <https://www.facebook.com/ironman70.3tri/?fref=ts>

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