

**PTO ASIAN OPEN 2023**  
**Amateur Race Schedule**

<b>DUATHLON</b>						
<b>Start</b>	<b>Wave</b>	<b>Race</b>	<b>Category</b>	<b>Bib numbers from / to</b>		
5:00	L 1	Long	Elite	2426	2451	
5:05	L 2	Long	M 18-29, 30-39	2370	2425	
5:10	L 3	Long	M 30-39	2314	2369	
5:15	L 4	Long	M 40-49	2258	2313	
5:20	L 5	Long	M 40-49	2202	2257	
5:25	L 6	Long	M 50-59 , 60-69	2146	2201	
5:30	L 7	Long	Women, Team Relay	2080	2145	
5:35	S 1	Standard	M 16-29	1845	1900	
5:40	S 2	Standard	M 30-39	1789	1844	
5:45	S 3	Standard	M 30-39	1733	1788	
5:50	S 4	Standard	M 30-39	1677	1732	
5:55	S 5	Standard	M 40-49	1621	1676	
6:00	S 6	Standard	M 40-49	1565	1620	
6:05	S 7	Standard	M 40-49	1509	1564	
6:10	S 8	Standard	M 40-49	1453	1508	
6:15	S 9	Standard	M 50-59	1397	1452	
6:20	S 10	Standard	M 50-59	1341	1396	
6:25	S 11	Standard	F 16-29, 30-39	1270	1340	
6:30	S 12	Standard	F 40-49	1199	1269	
6:35	S 13	Standard	F 50-59, 60-69, M 60-69, 70+	1143	1198	
6:40	S 14	Standard	Team Relay	1087	1142	
<b>TRIATHLON</b>						
<b>Start</b>	<b>Wave</b>	<b>Race</b>	<b>Category</b>	<b>Swim Time (min)</b>	<b>Bib numbers from / to</b>	
7:00	T 1	Triathlon	M 18-39	40-45	831	885
7:10	T 2	Triathlon	M 40-44	40-45	776	830
7:15	T 3	Triathlon	M 18-44	45-50	721	775
7:30	T 4	Triathlon	M 18-29, 40-44	35-40	666	720
7:45	T 5	Triathlon	M 30-39	35-40	611	665
8:00	T 6	Triathlon	M 18-44	30-35	556	610
8:10	T 7	Triathlon	M 18-44	<30	501	555
8:15	T 8	Triathlon	Team Relay, Women, M 50-54, Team Challenge	40-45	446	500
8:25	T 9	Triathlon	Team Relay, Women, M 50-54	45-50	391	445
8:35	T 10	Triathlon	M 45-49, 55+	45-50	336	390
8:45	T 11	Triathlon	M 45-49, 55+	40-45	281	335
8:55	T 12	Triathlon	M 45-49, 55+	35-40	226	280
9:05	T 13	Triathlon	Team Relay, Women, M 50-54	35-40	171	225
9:15	T 14	Triathlon	Team Relay, Women, M 45+	30-35	106	170
9:25	T 15	Triathlon	Team Relay, Women, M 45+	<30	51	105