



19-22 JUNE 2025



THURSDAY, JUNE 19

17.00 **HOKA 5KM FUN RUN** (FOR FREE – SHOW UP)

(FINISH LINE)

FRIDAY, JUNE 20

10.00 - 18.00 IRONMAN VILLAGE (OPEN FOR ALL)

(EXPO, MERCHANDISE, LOUNGE AND INTERVIEWS)

10.00 - 17.00 IRONMAN REGISTRATION (COLLECT START-GEAR) 11.00 - 17.30 4:18:4 REGISTRATION (COLLECT START-GEAR)

18.00 - 21.30 4:18:4 HELSINGØR (MINI TRIATHLON – REGISTER ONLINE)

SATURDAY, JUNE 21

10.00 - 17.00 **IRONMAN VILLAGE** (OPEN FOR ALL)

(EXPO, MERCHANDISE, LOUNGE AND INTERVIEWS)

10.00 - 16.00 IRONMAN REGISTRATION (COLLECT START-GEAR)

11.00 **IRONKIDS** (KIDS RUN FOR FREE – REGISTER ONLINE)

(FINISH LINE)

09.00 - 10.45 IRONKIDS COLLECT START-GEAR

SUNDAY, JUNE 22

PARKING / PARKERING

07.30 **START**

Athletes start between 07.30 – 08.50

07.50 FIRST ATHLETE FINISH SWIM / START BIKE

All athletes between 07.50 – 10.10

09.50 FIRST ATHLETE FINISH BIKE / START RUN

All athletes between 09.50 – 14.30

10.00 - 18.00 IRONMAN MERCHANDISE STORE (OPEN FOR ALL)

11.30 **FIRST FINISHER**

All athletes between 11.30 – 17.20

18.00 - 19.45 AWARDS & WORLD CHAMPIONSHIP SLOT ALLOCATION

