



Ironman China Shuttle Bus Schedules

中国铁人赛 班车时刻表



20 / 04 / 2009

| From Baohua 宝华酒店出发 | | Back to Baohua 返回宝华酒店 | |
|-----------------------|---------------------|--------------------------|------------------------|
| To TA 到换项区 | To Crown Spa 到终点 | From TA 换项区出发 | From Crown Spa 终点出发 |
| 08:55 | 08:00 | | |
| 08:25 | 11:30 | | |
| 09:55 | | 10:00 | |
| 10:25 | | 10:30 | |
| 10:55 | | 11:00 | |
| 11:25 | | 11:30 | |
| 11:45 | | 12:00 | 12:00 |
| 12:25 | | 12:30 | 14:00 |
| | | 13:00 | |
| | | 13:30 | |
| | | | |
| | | | |



Ironman China Shuttle Bus Schedules

中国铁人赛 班车时刻表



19 / 04 / 2009

| From Baohua 宝华酒店出发 | | Back to Baohua 返回宝华酒店 | |
|-----------------------|------------------|--------------------------|---------------------|
| To TA 到换项区 | To Finish 到终点 | From TA 换项区出发 | From finish 终点出发 |
| 04:45 | | | |
| 05:15 | | | |
| 05:45 | | | |
| 06:15 | | | |
| 06:45 | | | |
| 07:15 | | | |
| 07:45 | | | |
| 08:00 | | | |
| | 13:00 | | |
| | 13:45 | | |
| | 14:30 | | 14:10 |
| | 15:15 | | 14:55 |
| | 16:00 | | 15:40 |
| | 16:45 | | 16:25 |
| | 17:30 | | 17:10 |
| 18:15 | 18:15 | | 17:55 |
| 19:15 | 19:00 | 19:00 | 18:40 |
| 20:15 | 19:45 | 20:00 | 19:25 |
| 21:15 | 20:30 | 21:00 | 20:10 |
| 22:15 | 21:15 | 22:00 | 20:55 |

| | | | |
|-------|-------|-------|-------|
| 23:15 | 22:00 | 23:00 | 21:40 |
| | 22:45 | 00:00 | 22:25 |
| | 23:30 | 01:00 | 23:10 |
| | 00:15 | | 23:55 |
| | | | 00:40 |



Ironman China Shuttle Bus Schedules

中国铁人赛 班车时刻表



18 / 04 / 2009

| From Baohua 宝华酒店出发 | | Back to Baohua 返回宝华酒店 | |
|-----------------------|-----------------------|--------------------------|------------------------|
| To TA 到换项区 | To Crown Spa 到皇冠酒店 | From TA 换项区出发 | From Crown Spa 终点出发 |
| 06:50 | | | |
| 07:30 | | 07:40 | |
| 08:10 | | 08:20 | |
| 08:50 | | 09:00 | |
| 09:30 | | 09:40 | |
| 10:10 | 09:45 | 10:20 | |
| 10:50 | 10:30 | 11:00 | |
| 11:30 | 11:15 | 11:40 | |
| 12:10 | 12:00 | 12:20 | 11:45 |
| 12:50 | 12:45 | 13:00 | 12:30 |
| 13:30 | 13:30 | 13:40 | 13:15 |
| 14:10 | 14:15 | 14:20 | 14:00 |
| 14:50 | 15:00 | 15:00 | 14:45 |
| 15:30 | 15:45 | 15:40 | 15:30 |
| 16:10 | 16:30 | 16:20 | 16:15 |
| 16:50 | | 17:00 | 17:00 |
| | | 16:00 | 17:45 |
| | | 16:40 | |
| | | 17:20 | |
| | | 18:00 | |



Ironman China Shuttle Bus Schedules

中国铁人赛 班车时刻表



17 / 04 / 2009

| From Baohua 宝华酒店出发 | | Back to Baohua 返回宝华酒店 | |
|-----------------------|-----------------------|--------------------------|------------------------|
| To TA 到换项区 | To Crown Spa 到皇冠酒店 | From TA 换项区出发 | From Crown Spa 终点出发 |
| 06:50 | | | |
| 07:30 | | | |
| 08:10 | | 07:40 | |
| 08:50 | | 08:20 | |
| 09:30 | | 09:00 | |
| | 09:45 | 09:40 | |
| | 10:30 | 10:20 | |
| | 11:15 | | 11:45 |
| | 12:00 | | 12:30 |
| | 12:45 | | 13:15 |
| | 13:30 | | 14:00 |
| | 14:15 | | 14:45 |
| | 15:00 | | 15:30 |
| | 15:45 | | 16:15 |
| | 16:30 | | 17:00 |
| | 17:30 | | 17:45 |
| | | | |
| | | | 20:00 |
| | | | 20:30 |



Ironman China Shuttle Bus Schedules

中国铁人赛 班车时刻表



16 / 04 / 2009

| From Baohua 宝华酒店出发 | | Back to Baohua 返回宝华酒店 | |
|-----------------------|-----------------------|--------------------------|------------------------|
| To TA 到换项区 | To Crown Spa 到皇冠酒店 | From TA 换项区出发 | From Crown Spa 终点出发 |
| 06:50 | | | |
| 07:30 | | | |
| 08:10 | | 07:40 | |
| 08:50 | | 08:20 | |
| 09:30 | | 09:00 | |
| | 09:45 | 09:40 | |
| | 10:30 | 10:20 | |
| | 11:15 | | |
| | 12:00 | | 11:45 |
| | 12:45 | | 12:30 |
| | 13:30 | | 13:15 |
| | 14:15 | | 14:00 |
| | 15:00 | | 14:45 |
| | 15:45 | | 15:30 |
| | 16:30 | | 16:15 |
| | | | 17:00 |
| | | | 17:45 |
| | | | |
| | | | |



Ironman China Shuttle Bus Schedules

中国铁人赛 班车时刻表



15 / 04 / 2009

| From Baohua 宝华酒店出发 | | Back to Baohua 返回宝华酒店 | |
|-----------------------|--|--------------------------|--|
| To TA 到换项区 | | From TA 换项区出发 | |
| 06:50 | | | |
| 07:30 | | 07:40 | |
| 08:10 | | 08:20 | |
| 08:50 | | 09:00 | |
| 09:30 | | 09:40 | |
| | | 10:20 | |
| | | | |
| | | | |
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Ironman China Shuttle Bus Schedules

中国铁人赛 班车时刻表



20 / 04 / 2009

| From Crown Spa 皇冠酒店出发 | | Back to Crown Spa 返回皇冠酒店 | |
|--------------------------|--|-----------------------------|--|
| To TA 到换项区 | | From TA 换项区出发 | |
| 08:30 | | | |
| 09:00 | | | |
| 09:30 | | 09:30 | |
| 10:00 | | 10:00 | |
| 10:30 | | 10:30 | |
| 11:00 | | 11:00 | |
| 11:30 | | 11:30 | |
| 12:00 | | 12:00 | |
| | | 12:30 | |
| | | | |
| | | | |
| | | | |



Ironman China Shuttle Bus Schedules
中国铁人赛 班车时刻表

19 / 04 / 2009



| From Crown Spa 皇冠酒店出发 | | Back to Crown Spa 返回皇冠酒店 | |
|--------------------------|------------------|-----------------------------|-------------------------|
| To TA 到换项区 | To Finish 到终点 | From TA 换项区出发 | From finish 终点出发 |
| 04:45 | | | |
| 05:00 | | | |
| 05:15 | | | |
| 05:30 | | | |
| 05:45 | | | |
| 06:00 | | | |
| 06:15 | | | |
| 06:30 | | | |
| 06:45 | | | |
| 07:00 | | | |
| 07:15 | | | |
| 07:30 | | 10:00 | 13:00 |
| 07:45 | | 11:00 | 13:15 |
| 08:00 | 12:30 | 12:00 | 13:30 |
| | 13:15 | 13:00 | 13:45 |
| | 14:00 | 14:00 | 14:00 |
| | 14:45 | 15:00 | 14:45 |
| | 15:30 | 16:00 | 15:30 |
| | 16:15 | | 16:15 |
| | | | Finish → TA → Crown Spa |
| | 17:00 | | 终点 → 换项区 → 皇冠 |
| | 17:45 | | 17:00 |
| | 18:30 | | 17:45 |
| 19:30 | 19:15 | | 18:30 |
| 20:30 | 20:00 | 20:30 | 19:15 |
| 21:30 | 20:45 | 21:30 | 20:00 |
| 22:30 | 21:30 | 22:30 | 20:45 |
| 23:30 | 22:15 | 23:30 | 21:30 |

| | | | |
|--|-------|-------|-------|
| | 23:00 | 00:30 | 22:15 |
| | 23:45 | | 23:00 |
| | | | 23:45 |
| | | | |



Ironman China Shuttle Bus Schedules

中国铁人赛 班车时刻表



18 / 04 / 2009

| From Crown Spa 皇冠酒店出发 | | Back to Crown Spa 返回皇冠酒店 | |
|--------------------------|--|-----------------------------|--|
| To TA 到换项区 | | From TA 换项区出发 | |
| | | | |
| 06:40 | | | |
| 07:10 | | | |
| 07:40 | | 07:40 | |
| 08:10 | | 08:10 | |
| 08:40 | | 08:40 | |
| 09:00 | | 09:10 | |
| 09:40 | | 09:40 | |
| 10:10 | | 10:10 | |
| 10:40 | | 10:40 | |
| 11:10 | | 11:10 | |
| 11:40 | | 11:40 | |
| 12:10 | | 12:10 | |
| 12:40 | | 12:40 | |
| 13:10 | | 13:10 | |
| 13:40 | | 13:40 | |
| 14:10 | | 14:10 | |
| 14:40 | | 14:40 | |
| 15:10 | | 15:10 | |
| 15:40 | | 15:40 | |
| 16:10 | | 16:10 | |
| 16:40 | | 16:40 | |
| 17:10 | | 17:10 | |
| | | 17:40 | |
| | | 18:20 | |
| | | | |
| | | | |
| | | | |

