

| | Hétfő | | | | | | Kedd | | | | | | Szerda | | | | | | Csütörtök | | | | | | Péntek | | | | | | Szombat | | | | | | Vasárnap | | | | | |
|---------------|-------|-------|-----|-----|-----|-----|------|-------|-----|-----|-----|-----|--------|-------|-----|-----|-----|-----|-----------|-------|-----|-----|-----|-----|--------|-------|-----|-----|-----|-----|---------|---|---|---|---|---|----------|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | 5 | 6 |
| 06.00 - 06.30 | | | ZUK | ZUK | ZUK | ZUK | | ZTR | ZTR | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | ZTR | ZTR | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | | | | | | | | | | | |
| 06.30 - 07.00 | | | ZUK | ZUK | ZUK | ZUK | | ZTR | ZTR | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | ZTR | ZTR | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | | | | | | | | | | | |
| 07.00 - 07.30 | | | ZUK | ZUK | ZUK | ZUK | | | | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | | | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | | | | | | | | | | | |
| 07.30 - 08.00 | | | | ZUK | ZUK | ZUK | | | | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | | | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | | | | | | | | | | | |
| 08.00 - 08.30 | | | | | ZUK | ZUK | | | | | ZUK | ZUK | | | | | ZUK | ZUK | | | | | ZUK | ZUK | | | | | | | | | | | | | | | | | | |
| 08.30 - 09.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12.30 - 13.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13.00 - 13.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13.30 - 14.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14.00 - 14.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14.30 - 15.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15.00 - 15.30 | | Lenti | ZUK | ZUK | ZUK | ZUK | | Lenti | ZUK | ZUK | ZUK | ZUK | | Lenti | ZUK | ZUK | ZUK | ZUK | | Lenti | ZUK | ZUK | ZUK | ZUK | | Lenti | ZUK | ZUK | ZUK | ZUK | | | | | | | | | | | | |
| 15.30 - 16.00 | | Lenti | ZUK | ZUK | ZUK | ZUK | | Lenti | ZUK | ZUK | ZUK | ZUK | | Lenti | ZUK | ZUK | ZUK | ZUK | | Lenti | ZUK | ZUK | ZUK | ZUK | | Lenti | ZUK | ZUK | ZUK | ZUK | | | | | | | | | | | | |
| 16.00 - 16.30 | | Lenti | ZUK | ZUK | ZUK | ZUK | | Lenti | ZUK | ZUK | ZUK | ZUK | | Lenti | ZUK | ZUK | ZUK | ZUK | | Lenti | ZUK | ZUK | ZUK | ZUK | | Lenti | ZUK | ZUK | ZUK | ZUK | | | | | | | | | | | | |
| 16.30 - 17.00 | | Lenti | ZUK | ZUK | ZUK | ZUK | | Lenti | ZUK | ZUK | ZUK | ZUK | | Lenti | ZUK | ZUK | ZUK | ZUK | | Lenti | ZUK | ZUK | ZUK | ZUK | | Lenti | ZUK | ZUK | ZUK | ZUK | | | | | | | | | | | | |
| 17.00 - 17.30 | | | ZUK | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | | | | | | | | | | | |
| 17.30 - 18.00 | | | ZUK | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | | | | | | | | | | | |
| 18.00 - 18.30 | | | ZUK | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | | ZUK | ZUK | ZUK | ZUK | | | | | | | | | | | | |
| 18.30 - 19.00 | | | | | ZUK | ZUK | | | | | ZUK | ZUK | | | | | ZUK | ZUK | | | | | ZUK | ZUK | | | | | | | | | | | | | | | | | | |
| 19.00 - 19.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19.30 - 20.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

- nagyközönség pályája
- ZUK versenypont (ZUK)
- ZTR versenypont (Triatlon)
- Lenti versenypont (Lenti)