



GERMANY



Wettkampfbesprechung

2019





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Allgemeine Regeln / General rules

CHECK-IN WECHSELZONE

9:00 – 11:15

Materialcheck – Bike und Helm

SCHWIMMEN

Badekappenpflicht

Neoprenverbot ab 22/20°C

Undurchlässige

Schwimmanzüge verboten
(Swimsuit)

Einschwimmen

- 5 min zumStart

CHECK-IN TRANSITION AREA

9:00 – 11:15

Materialcheck – Bike und Helmet

SWIMMING

Swim caps obligatory

Wetsuit not allowed (from
22/20°C)

Skinsuits not allowed

swimming in

- 5 min to Start

**NATURPARK
ZITTAUER
GEBIRGE**





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MTB

Helmpflicht

Helm in Wechselzone hängt am Bike,

Gurt offen

geschlossener Gurt ab Wechselzone

Rad ist in Wechselzone zu schieben

Transponder ist am Fußgelenk zu befestigen

E-Bike o.ä. sind verboten

MTB

Helmet obligatory

Helmet hanging opened on bike

Helmet must be worn with closed buckle while exiting transition area

No cycling in transition area

Chip to be fasten on leg

No E-Bikes

TRAIL-RUN

Laufnummer ist **vorn** zu tragen

T-Shirt Pflicht

TRAIL-RUN

Running bib must be worn at front

T-Shirt obligatory

VEPFLEGUNG

2x Verpflegung, 1x Erfrischung

3x Verpflegung

FEED ZONES

MTB 2x feed zone, 1x refreshment

Trailrun 3x feed zone



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Zeitlimits

time out

Kontrollpunkt Hochwald	15:00	Checkpoint hochwald
Wechsel Bike – Run	16:00	Transition bike - run
Zielschluss	17:00	Close down Finish area
Checkout Wechselzone	17:30	Checkout transition area



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XTERRA

ALLE

CHECK-IN SCHWIMMEN 11:15 – 11:27

ELITE

Ende CHECK-IN START 11:27
STARTZEIT 11:30/11:31

MÄNNER / FRAUEN

Ende CHECK-IN START 11:30

STARTZEIT MÄNNER 11:33

STARTZEIT FRAUEN 11:36

ALL STARTER

CHECK-IN SWIMMING

ELITE

CHECK-IN START
START

MEN/WOMEN

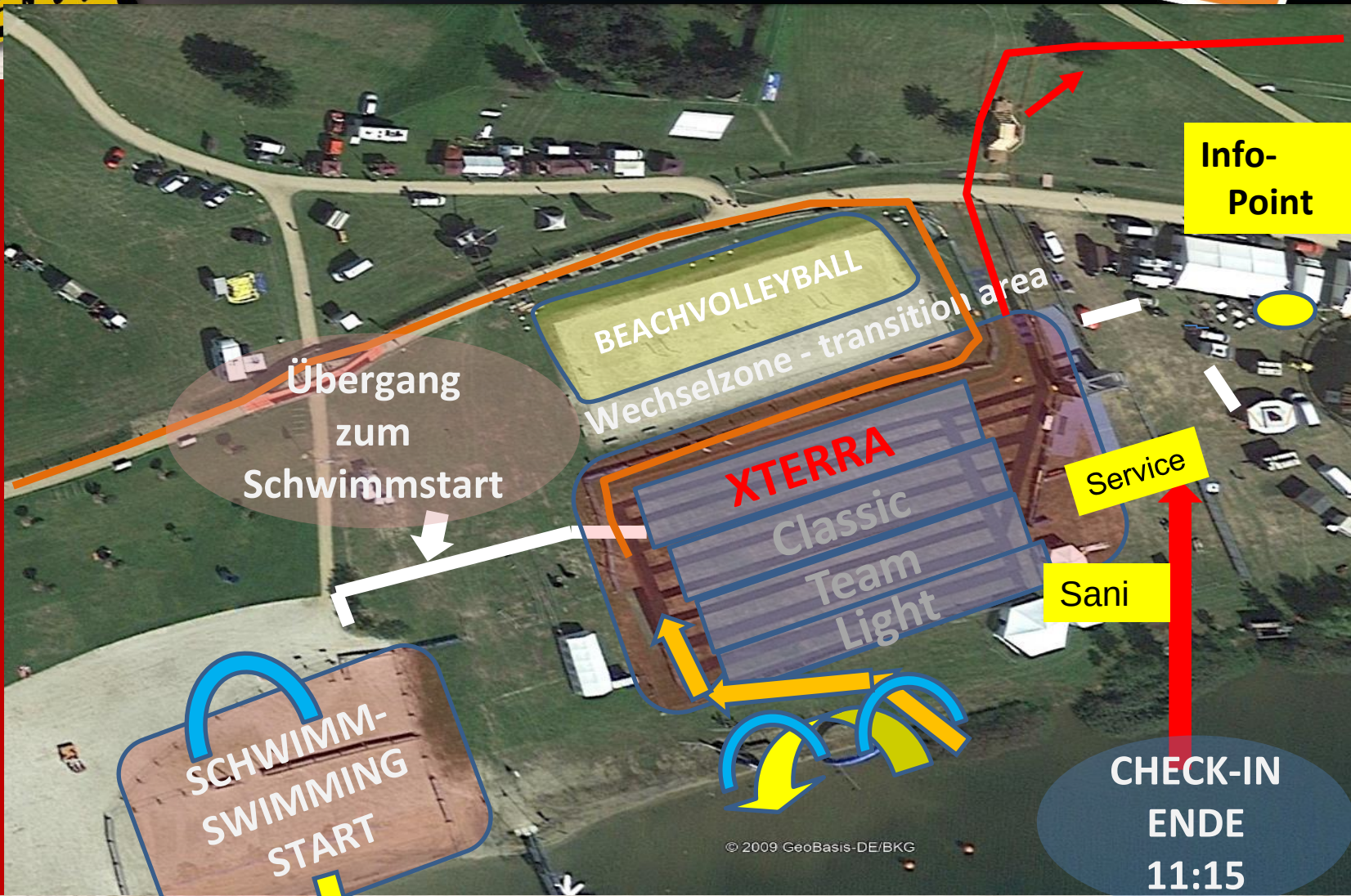
FINISH CHECK-IN START

START MEN

START WOMEN



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Übergang zum Schwimmstart

BEACHVOLLEYBALL
Wechselzone - transition area

XTERRA
Classic
Team
Light

Info-Point

Service

Sani

CHECK-IN
ENDE
11:15

SCHWIMM-SWIMMING
START

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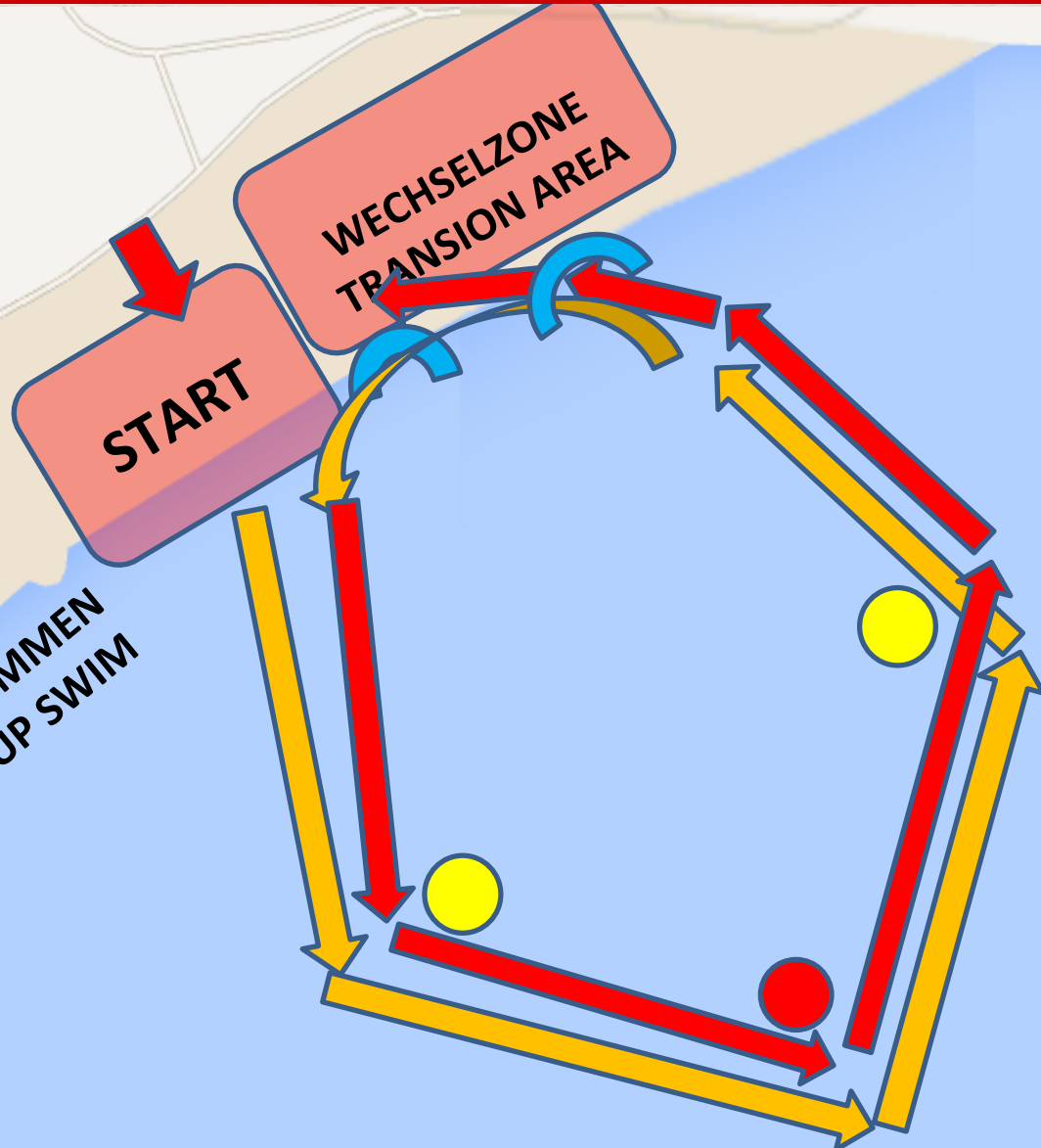


SCHWIMMEN– SWIMMING

2 x 750 m = 1,5 km

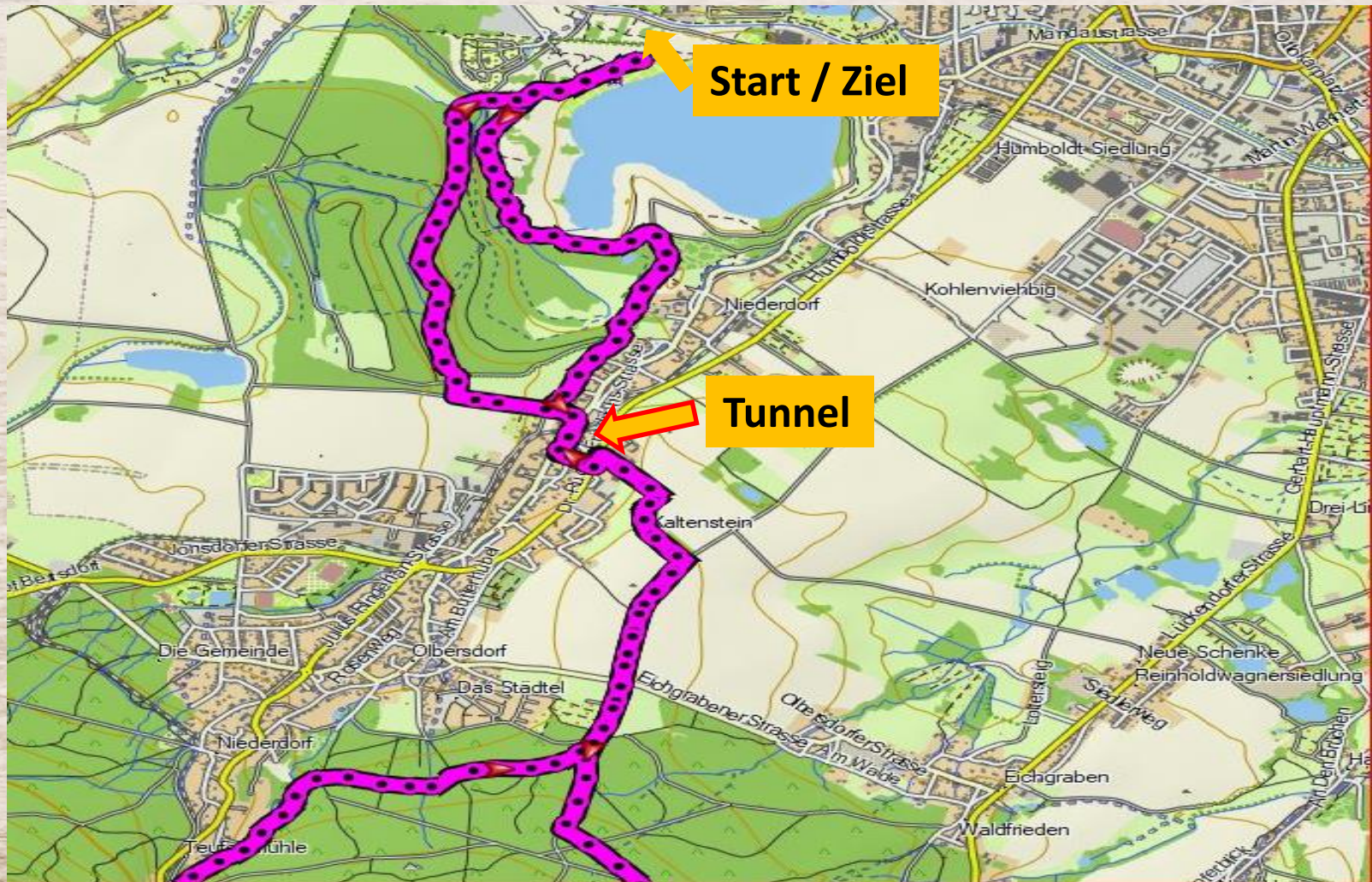
XTERRA

EINSCHWIMMEN
WARM UP SWIM





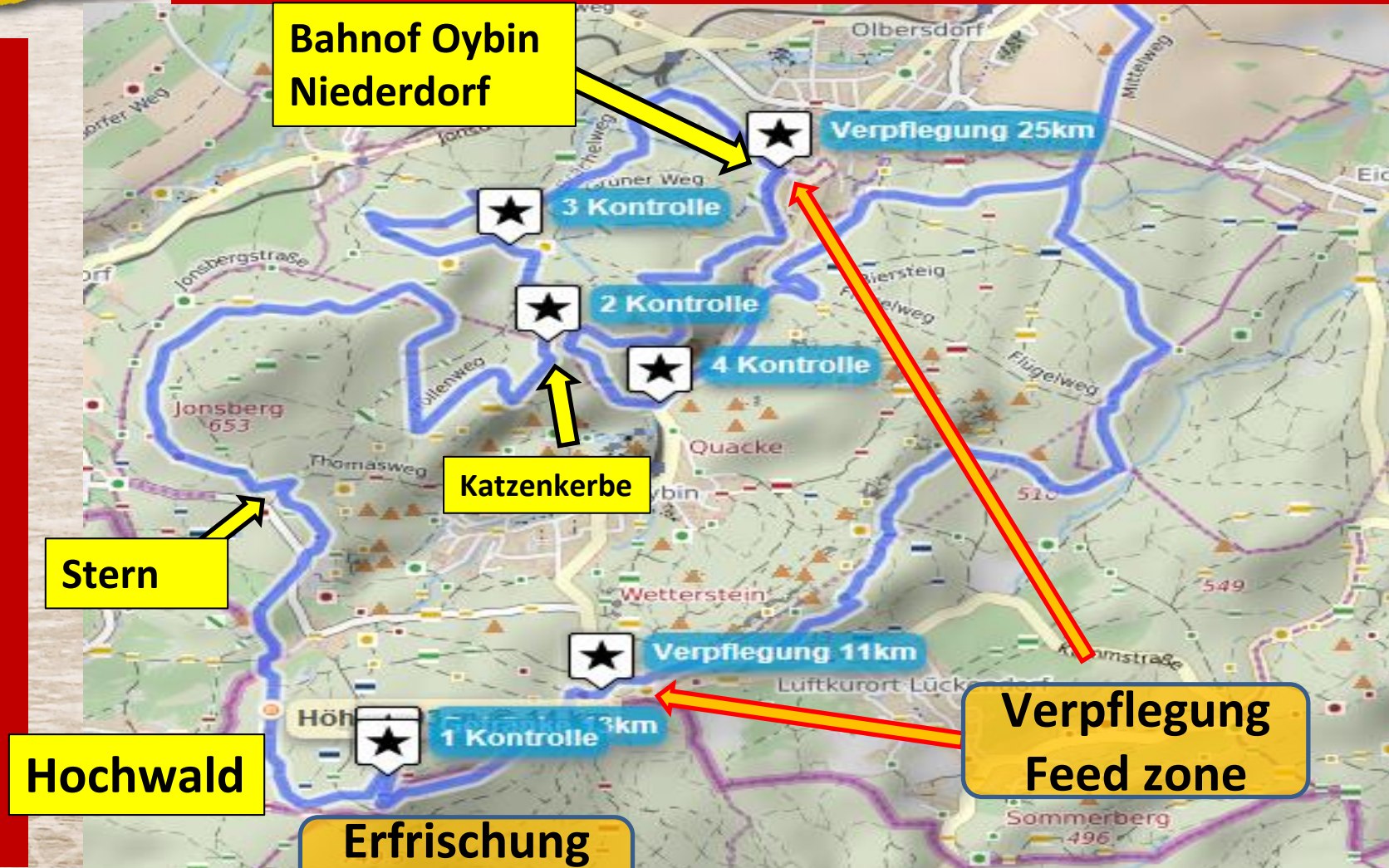
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MTB – 36 km - 1160 hm

XTRERA





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Trail-Run – 10 km

5,4 + 4,6 km

X TERRA

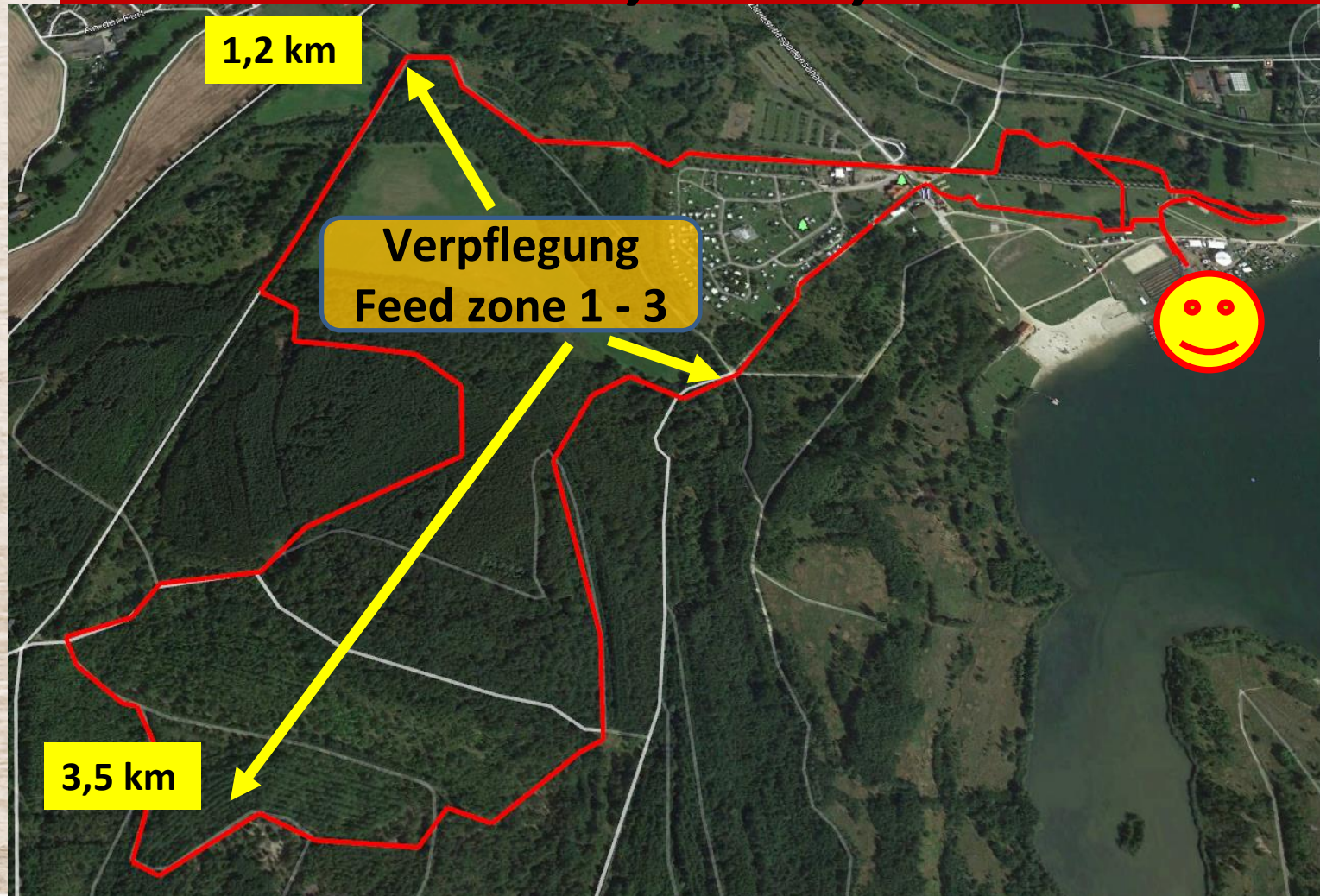




Trail-Run – 10 km

5,4 + 4,6 km

XTERRA





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CLASSIC / TEAM

Classik

CHECK-IN SCHWIMMEN 11:40 – 11:55
CHECK-IN START 11:55
STARTZEIT 12:00

Classik

CHECK-IN SWIMMING
CHECK-IN START
START

Team

CHECK-IN SCHWIMMEN 11:55 – 12:00
CHECK-IN START 12:00
STARTZEIT 12:05

Team

CHECK-IN SWIMMING
CHECK-IN START
START



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CLASSIC / TEAM

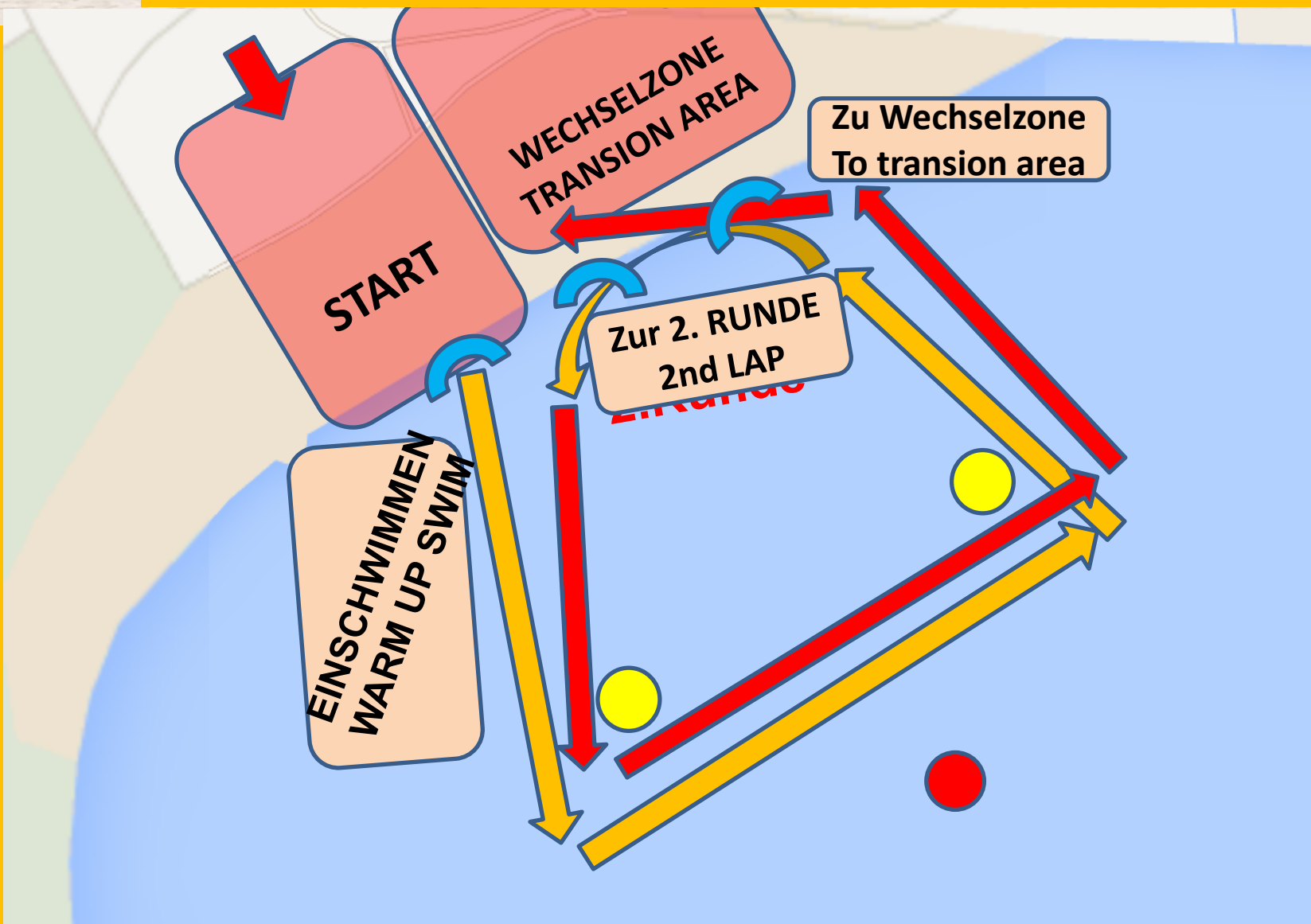




SCHWIMMEN– SWIMMING

2 x 550 m = 1,1 km

CLASSIC / TEAM

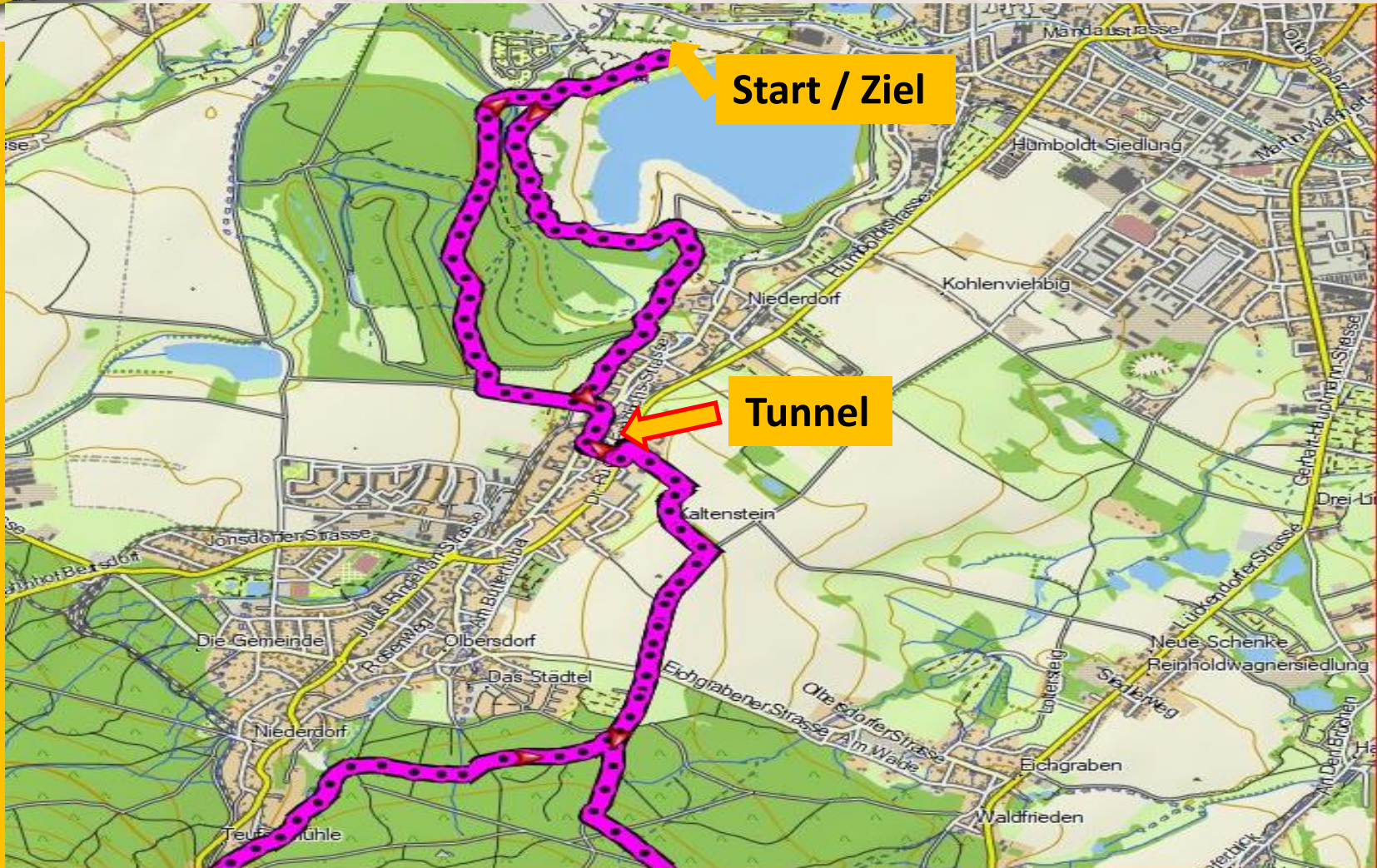




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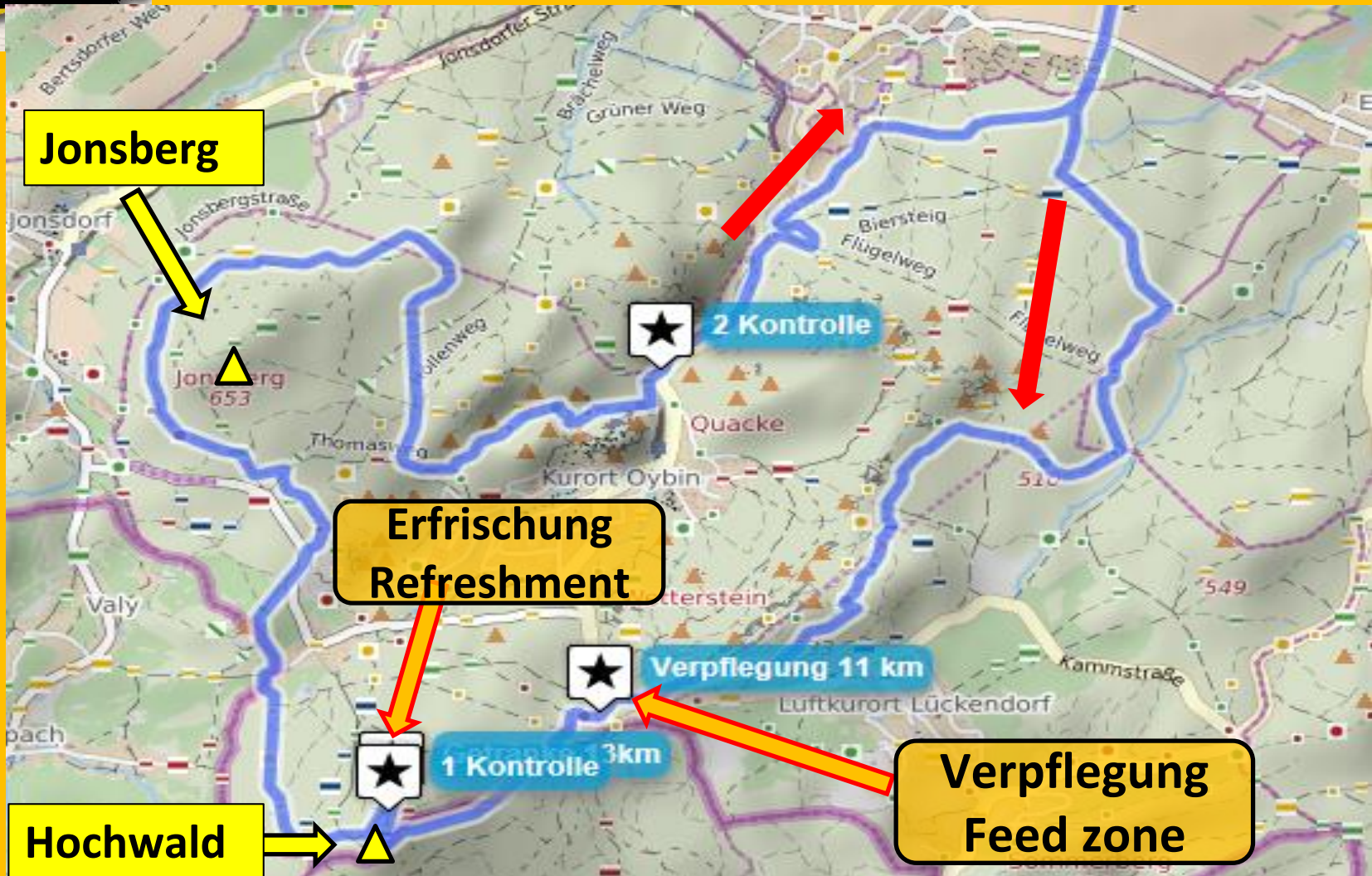
CLASSIC / TEAM





MTB – 30 km - 883 hm

CLASSIC / TEAM

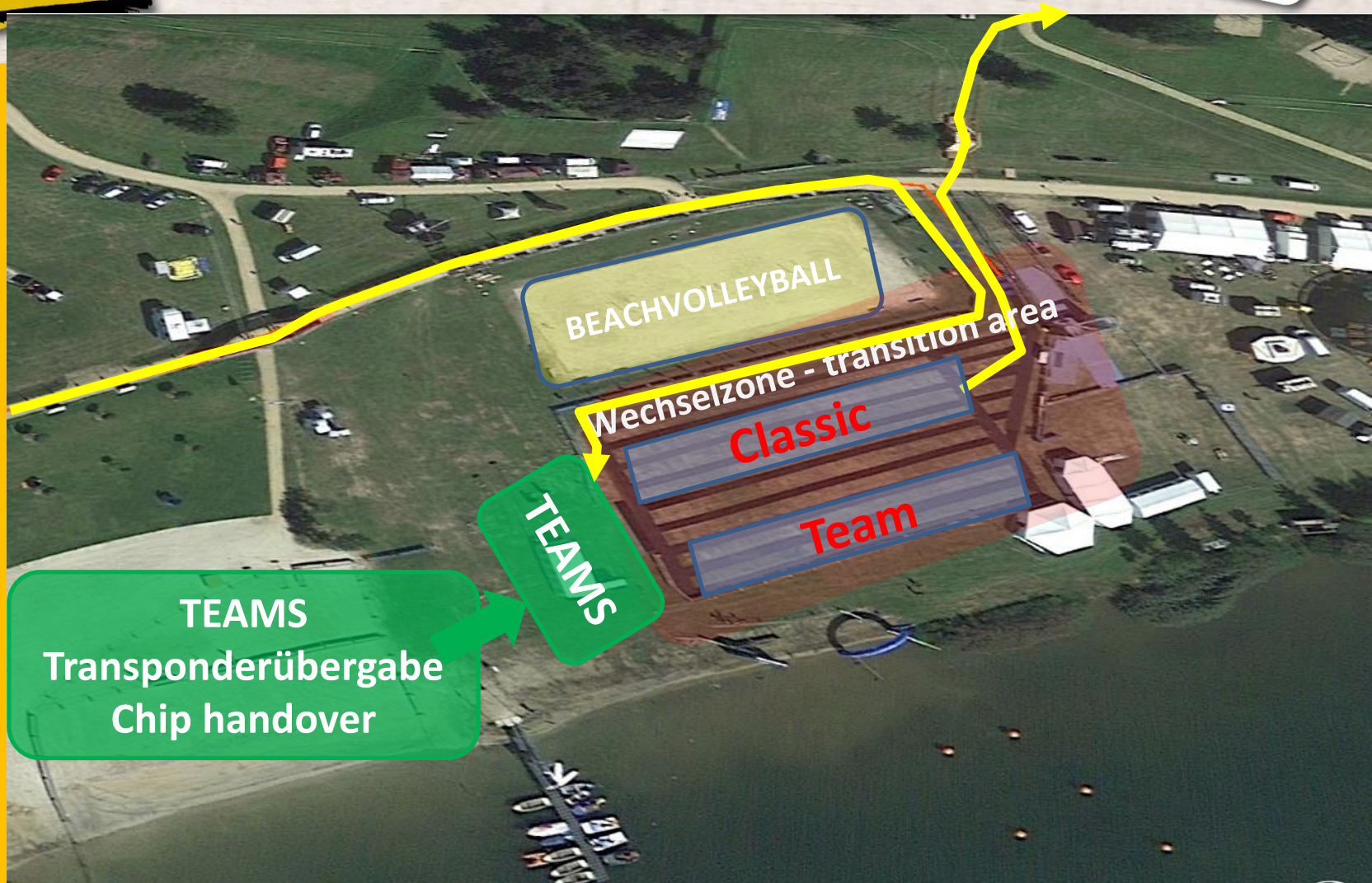




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CLASSIC / TEAM





Trail-Run – 10 km

4,6 + 5,4 km

CLASSIC/TEAM

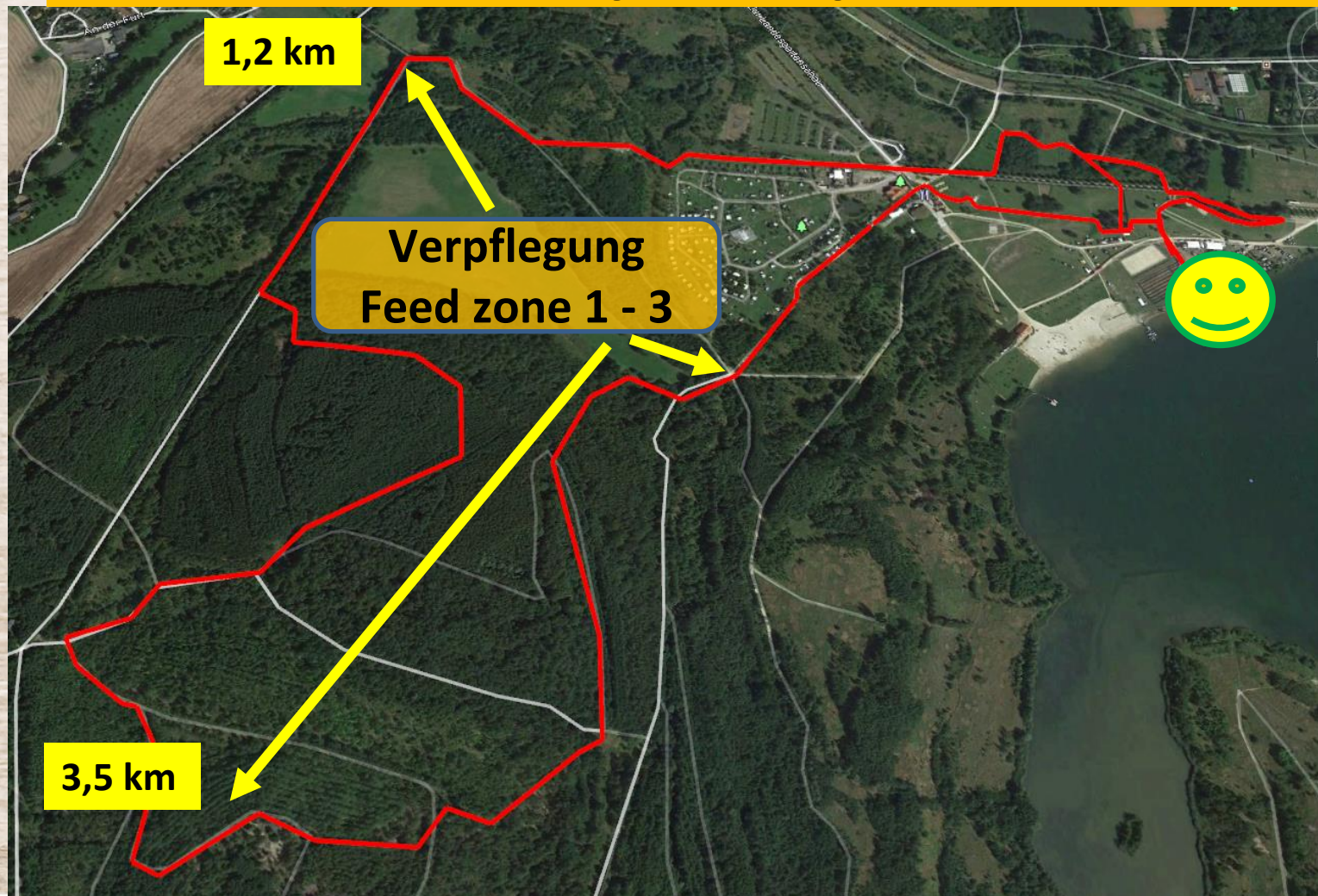




Trail-Run – 10 km

5,4 x 4,6 km

CLASSIC/TEAM





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REDUCED

CHECK-IN SCHWIMMEN

12:00 – 12:20

CHECK-IN SWIMMING

REDUCED Männer

REDUCED Männer

CHECK-IN START

12:22

CHECK-IN START

STARTZEIT

12:25

START

REDUCED Frauen

REDUCED Women

CHECK-IN START

12:25

CHECK-IN START

STARTZEIT

12:28

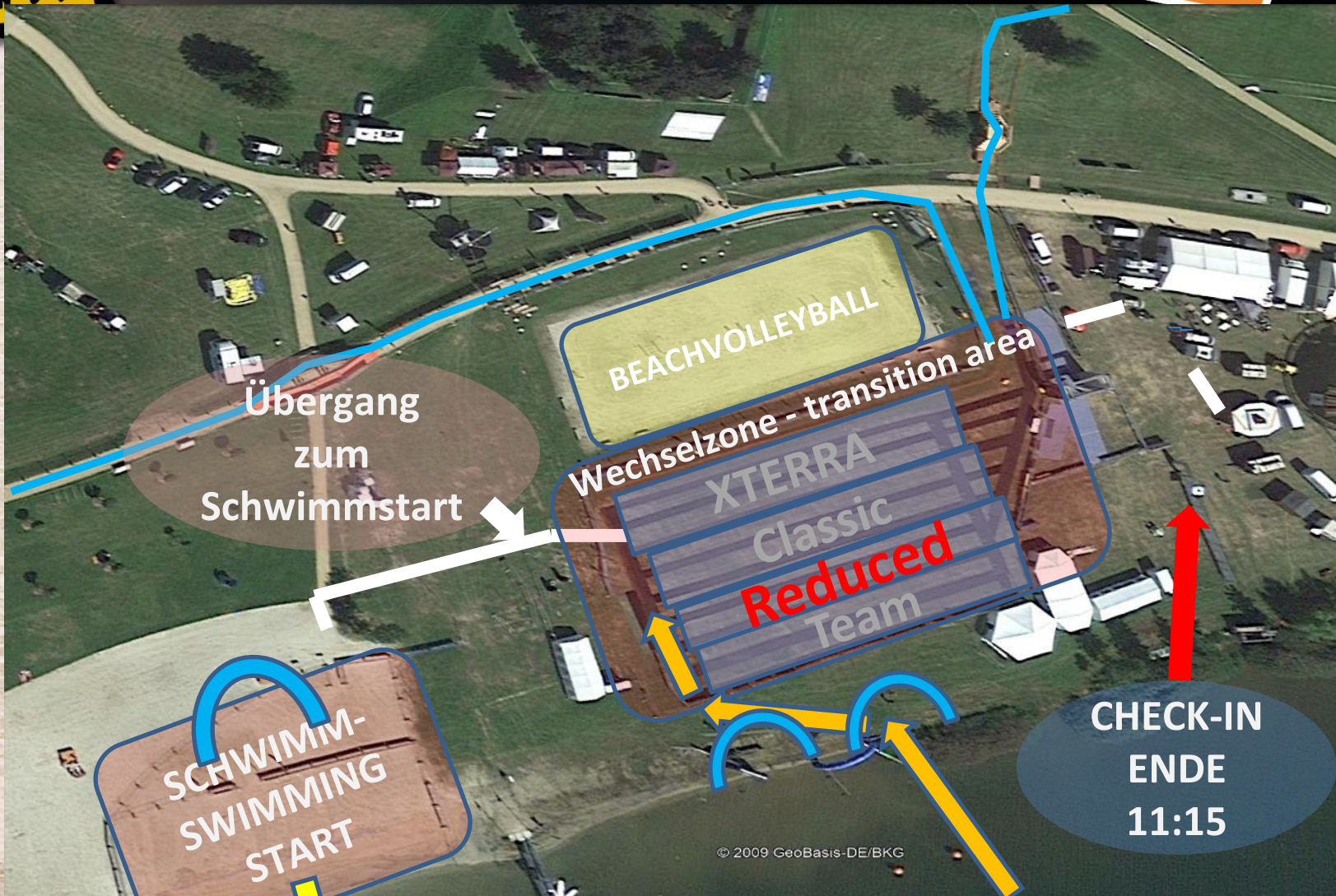
START



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REDUCED



SCHWIMM-SWIMMING START

Übergang zum Schwimmstart

BEACHVOLLEYBALL
Wechselzone - transition area
XTERRA
Classic
Reduced
Team

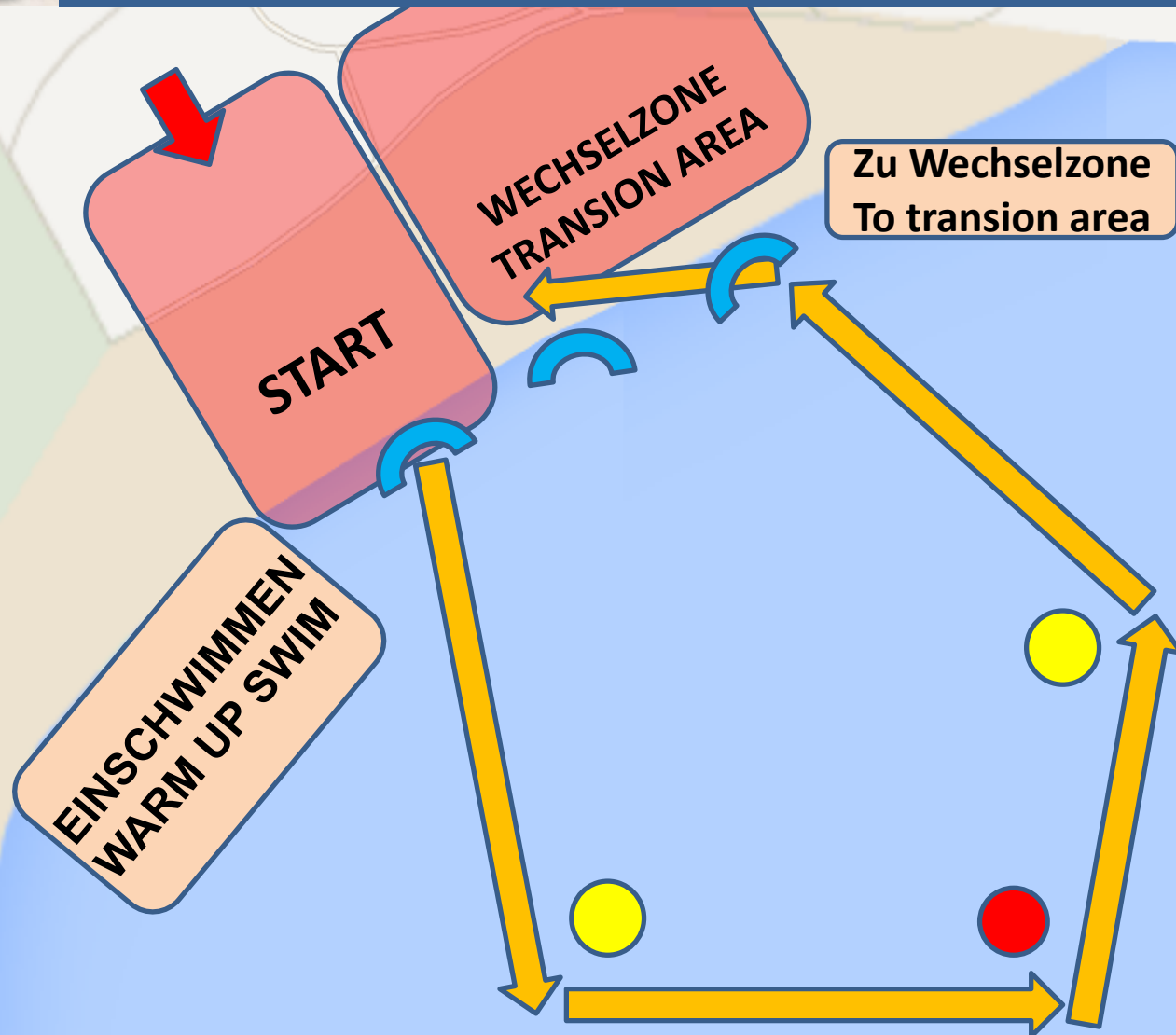
CHECK-IN
ENDE
11:15

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SCHWIMMEN – 750 m – SWIMMING

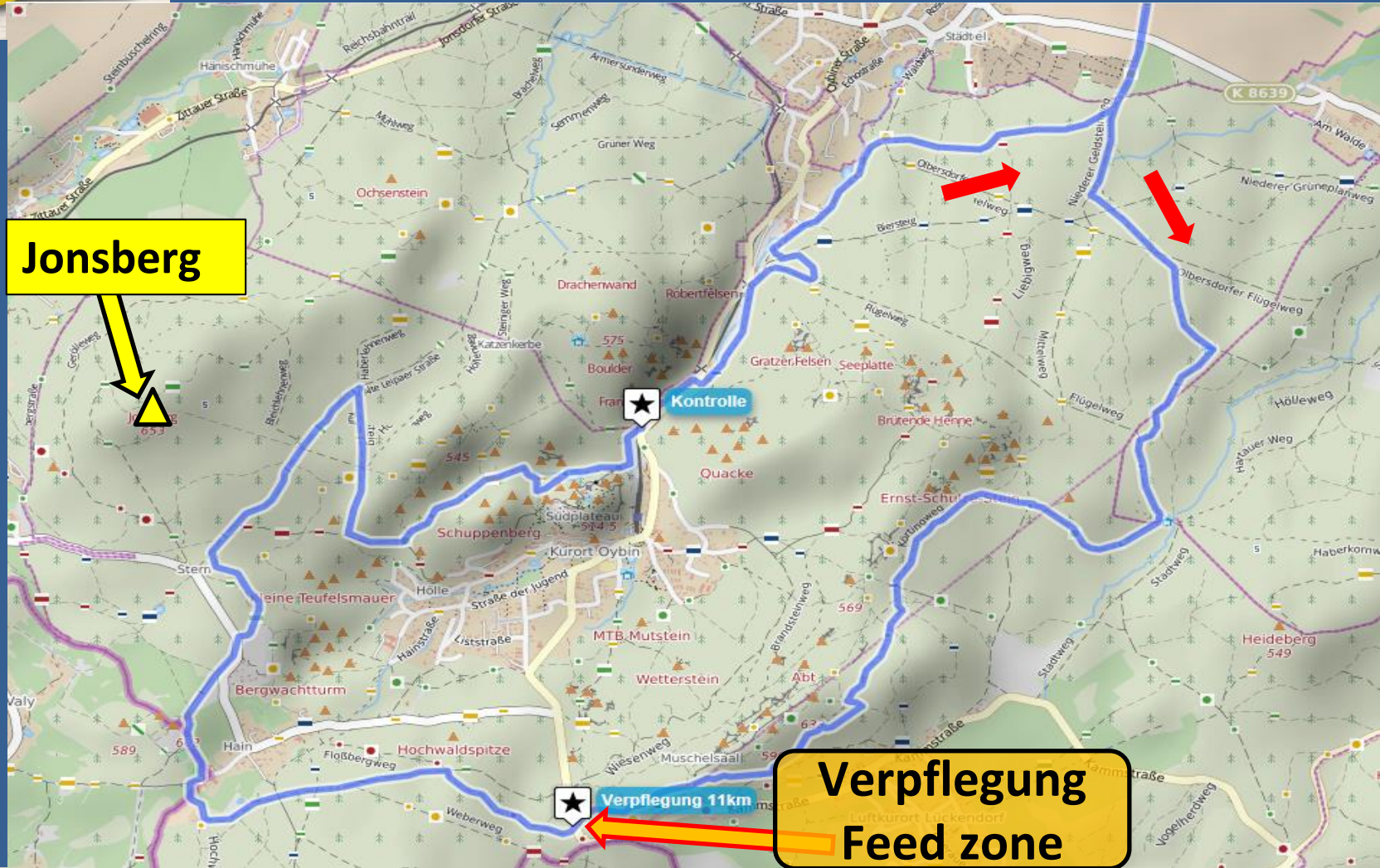


REDUCED



MTB – 26 km - 652 hm

REDUCED



Jonsberg

Kontrolle

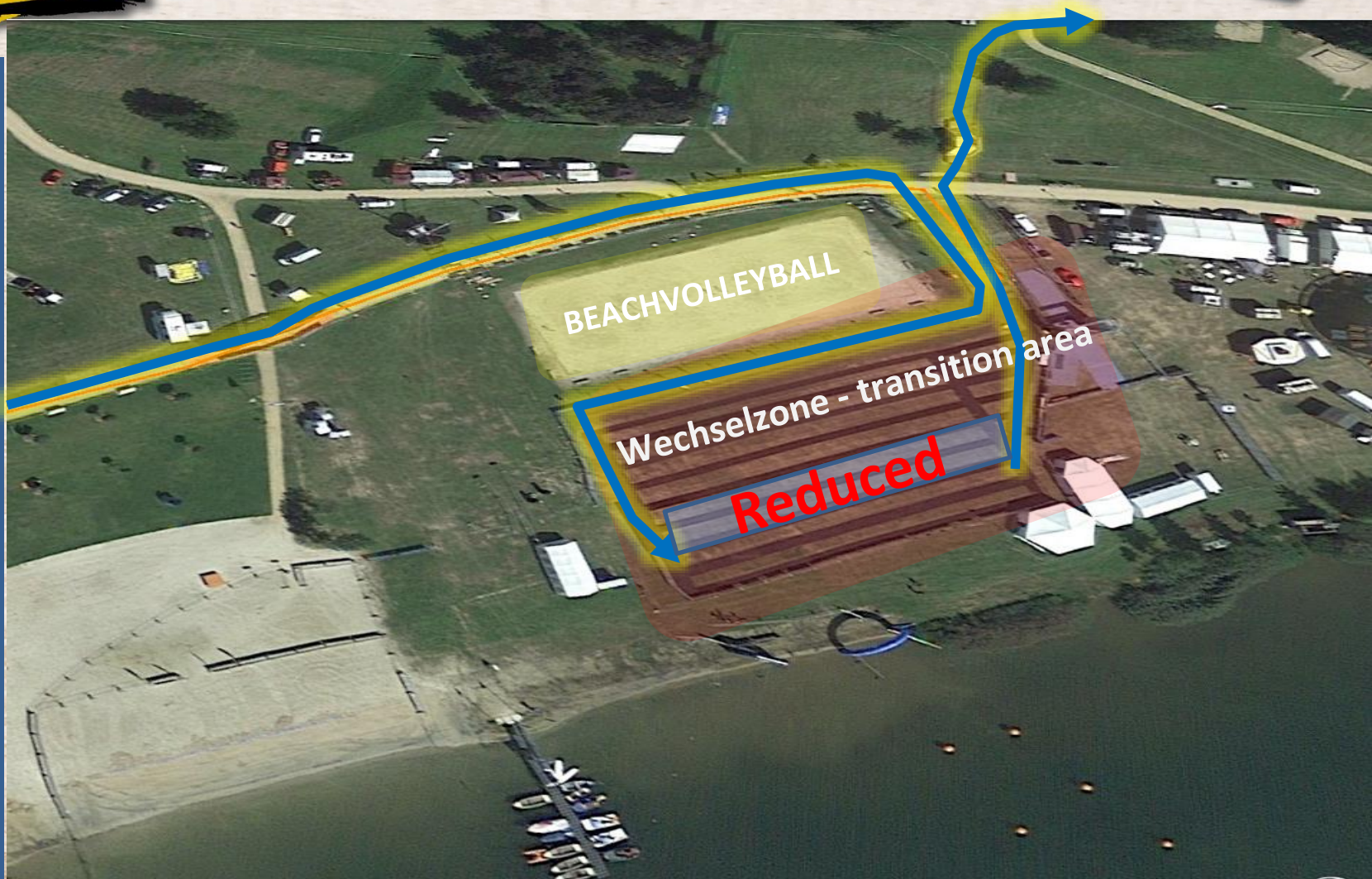
Verpflegung
Feed zone



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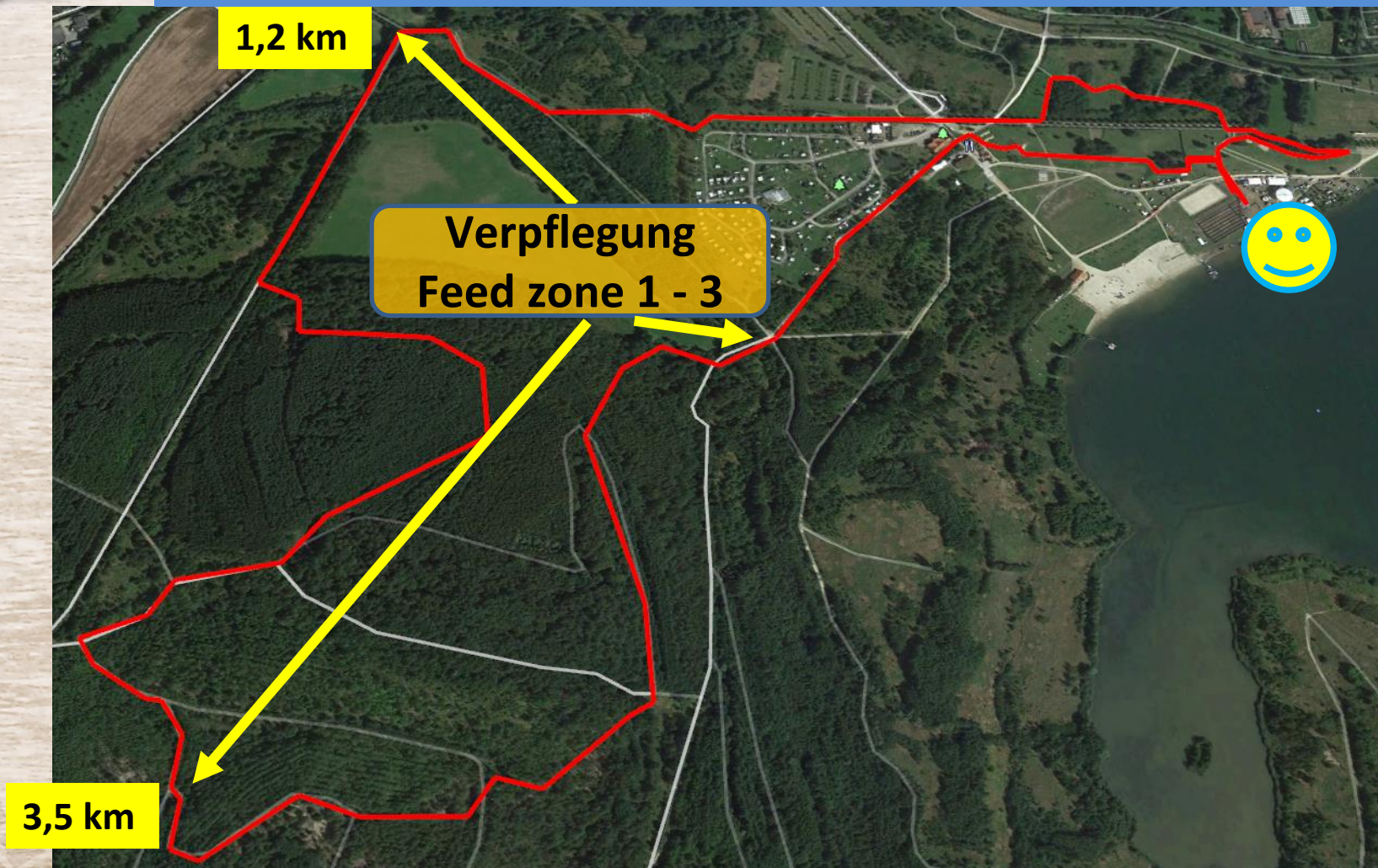
REDUCED





Trail-Run – 5,4 km

REDUCED





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Viel Erfolg!

Good luck!

