



Wettkampfbesprechung Briefing 2021





EUROPEAN
CHAMPIONSHIP



GERMANY



Allgemeine Regeln / General rules

CHECK-IN WECHSELZONE

9:00 – 11:15

Materialcheck – Bike und Helm

SCHWIMMEN

Badekappenausgabe am Start

Neoprenverbot ab 22/20°C

Undurchlässige

Schwimmanzüge verboten

(swimsuit)

Einschwimmen

- 5 min zum Start

CHECK-IN TRANSITION AREA

Materialcheck – Bike und Helmet

SWIMMING

Issuu of swim caps at the start

wetsuit not allowed at 22/20°C

skinsuits not allowed

swim warm-up

- 5 min before start



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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

TRAIL-RUN

Laufnummer ist **vorn** zu tragen

T-Shirt Pflicht

VEPFLEGUNG

2x Verpflegung, 1x Erfrischung

3x Verpflegung

MTB

helmet obligatory

while in transition helmet must be hung over
on bike with strap open

but must be worn with closed strap while
exiting transition area. No cycling in transition
area

transponder has to be fastened on ankle

E-Bikes or similar bikes prohibited

TRAIL-RUN

bib must be worn at front

T-Shirt obligatory

FEED ZONES

MTB 2x feed zone, 1x refreshment

Trailrun 3x feed zone



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Verpflegung

Nur stilles Wasser (Flaschen 0,33Li)
Gel, Riegel, Bananen

Verpflegungszone

Müllentsorgung nur in die
bereitstehenden Behälter und nur in
der Zone. Ansonsten droht die
Disqualifikation.

Corona-Regeln - **siehe Homepage**
bitte das Hygienekonzept beachten
- keine Duschen

Medizinische Versorgung
Im Zielbereich

FEED

still water (bottle 0,33l)
gels, bars, bananas

FEED ZONES

Put your trash only in the provided bins and
inside the feed zone/litter zone; Otherwise
disqualification is being threatened

Corona-Rules – **look at homepage**
please notice hygiene regulations
- no showers

Medical Treatment
at finish area



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Zeitlimits

time limits

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	check-out transition-area



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Alle Starts

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

SWIM CHECK-IN

ELITE

CHECK-IN START

START

MEN/WOMEN

FINISH CHECK-IN START

START MEN

START WOMEN



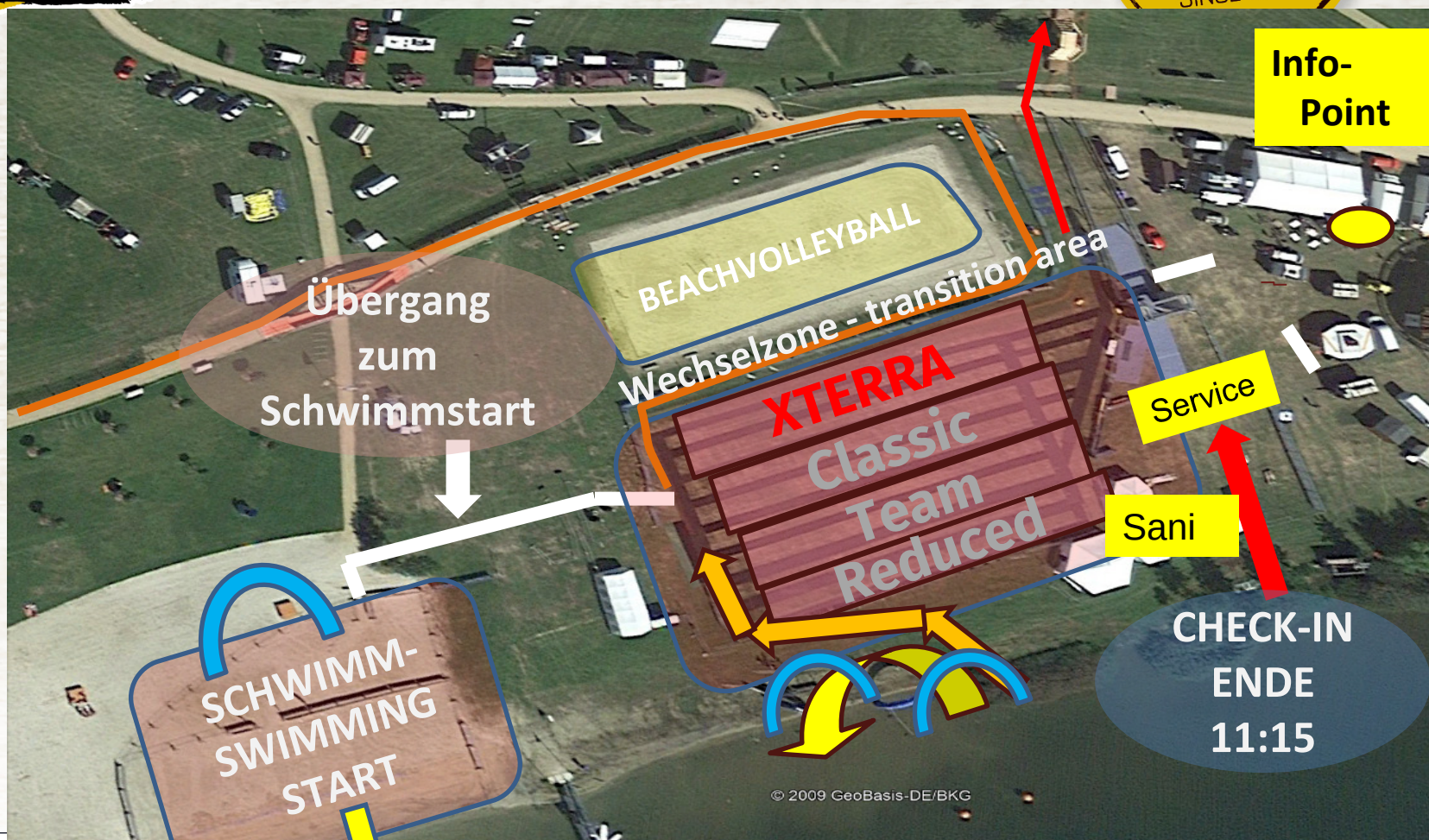
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X TERRA



Premium-Sponsor
digades
transmission as a vision



KWV
besser-als-gewohnt.de
WVO
Wärme & Energie. Natürlich.

GEMTEC
GefahrenMeldeTechnik



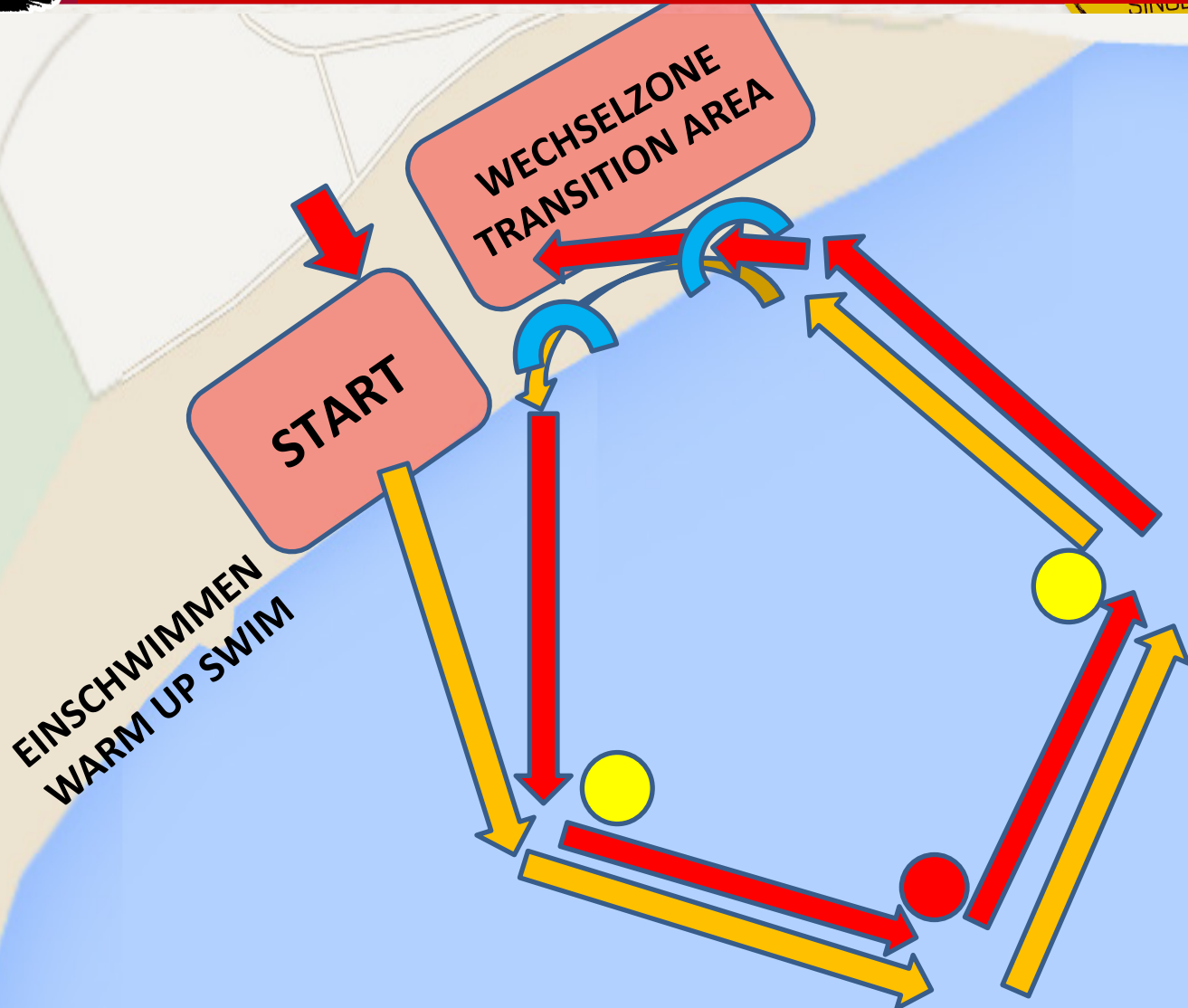
Zittau



SCHWIMMEN- SWIMMING

2 x 750 m = 1,5 km

XTRERA





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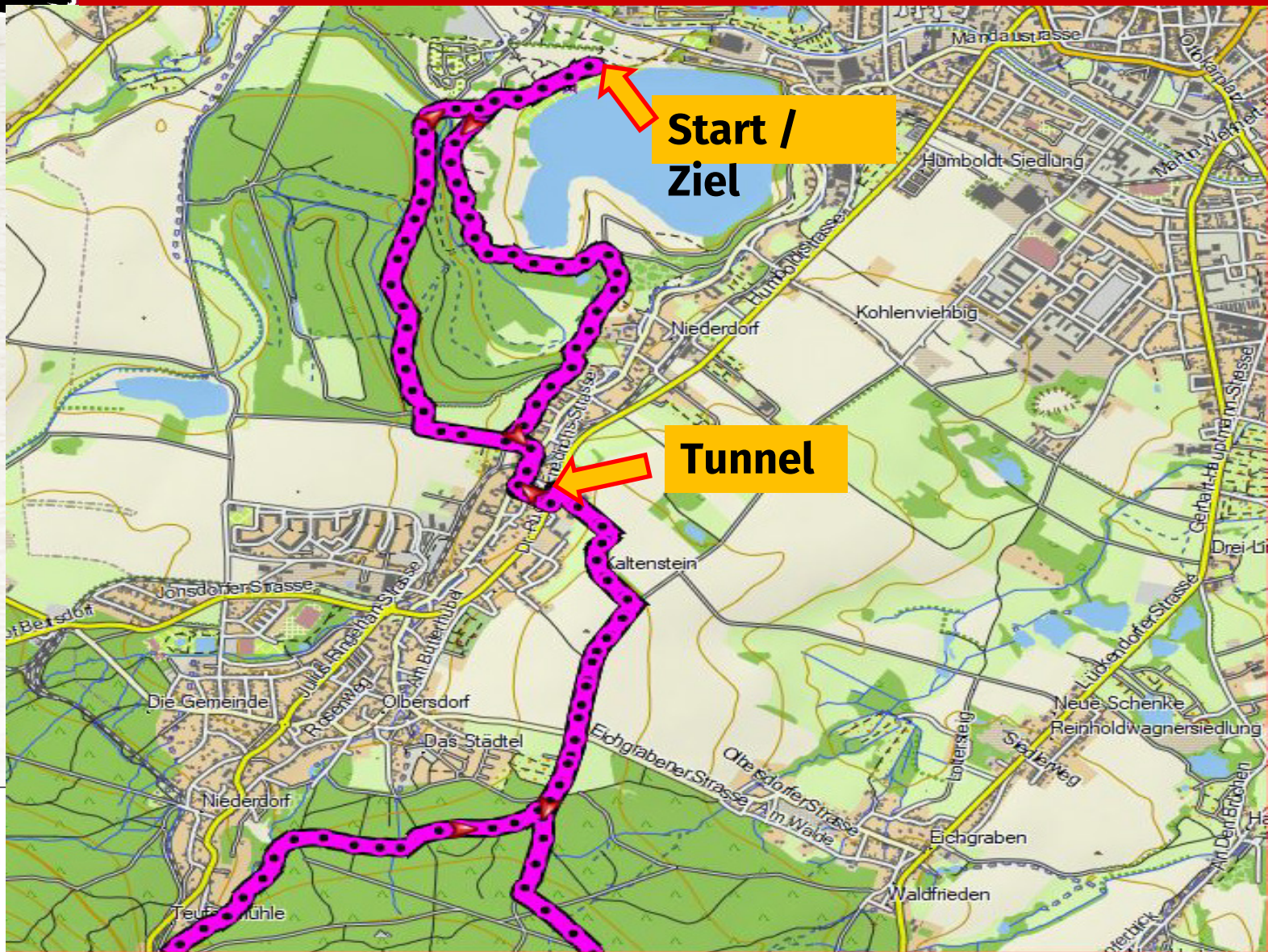
XTERRA





MTB – 36 km - 1160 hm

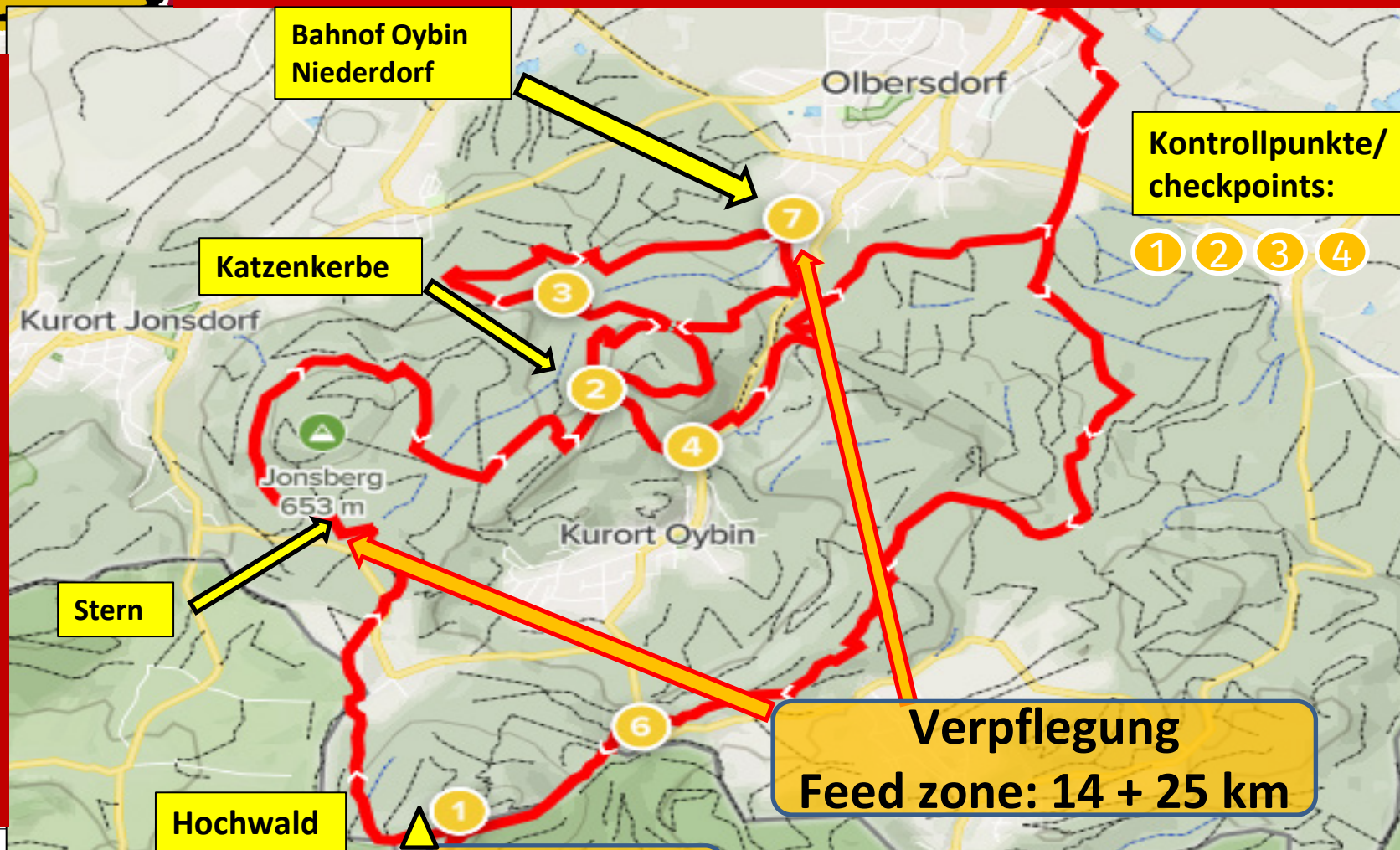
XTRERA





MTB – 36 km - 1160 hm

XTRERA





MTB – 36 km - 1160 hm

XTERRA





Trail-Run – 10 km

2 x 5,0 km

XTRERA





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CLASSIC / TEAM

Classik

CHECK-IN SCHWIMMEN 11:40 – 11:55
CHECK-IN START 11:55

STARTZEIT 12:00

Team

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

STARTZEIT 12:05

Classik

CHECK-IN SWIMMING
CHECK-IN START

START

Team

CHECK-IN SWIMMING
CHECK-IN START

START



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CLASSIC / TEAM

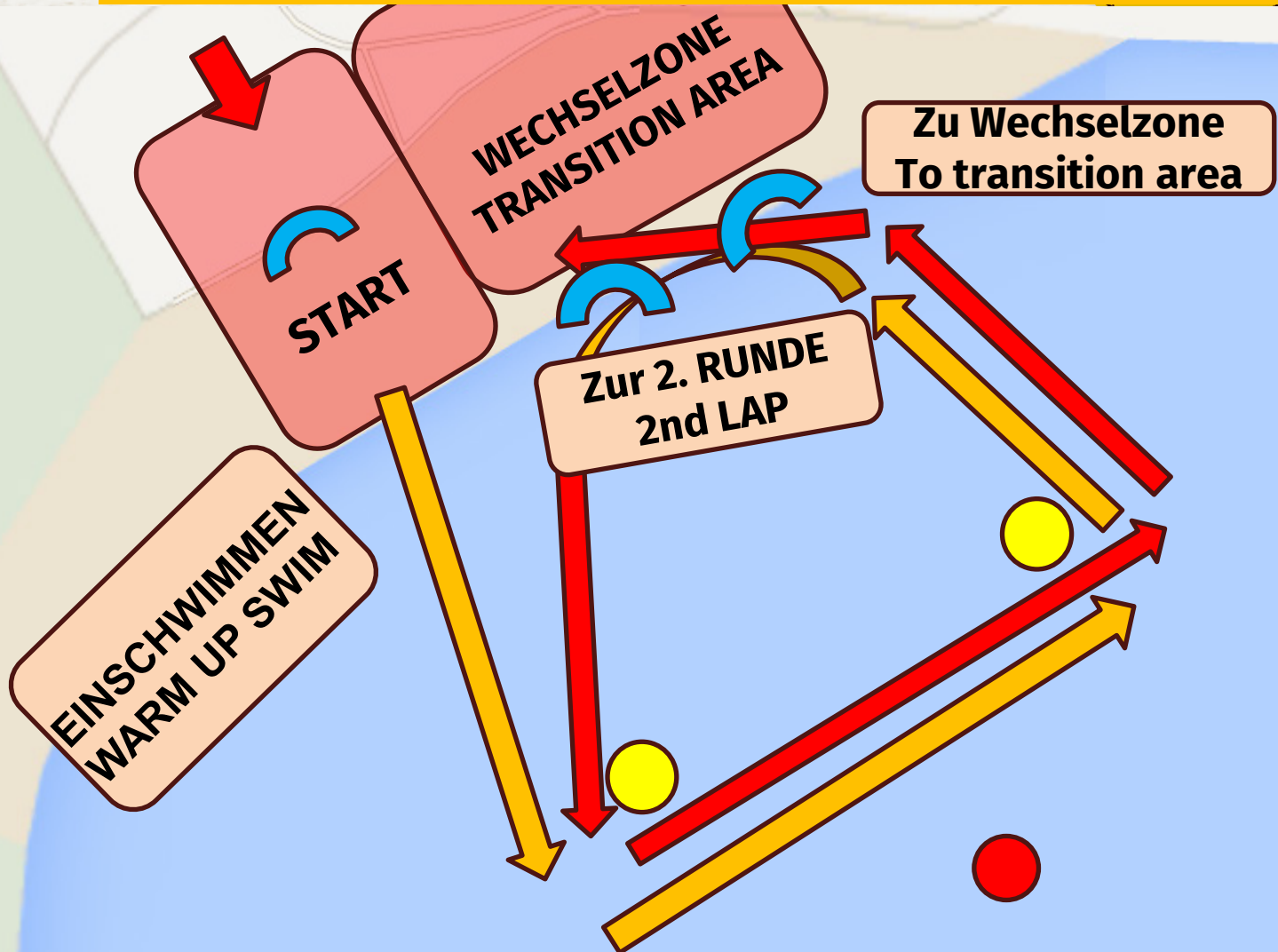




SCHWIMMEN- SWIMMING

2 x 550 m = 1,1 km

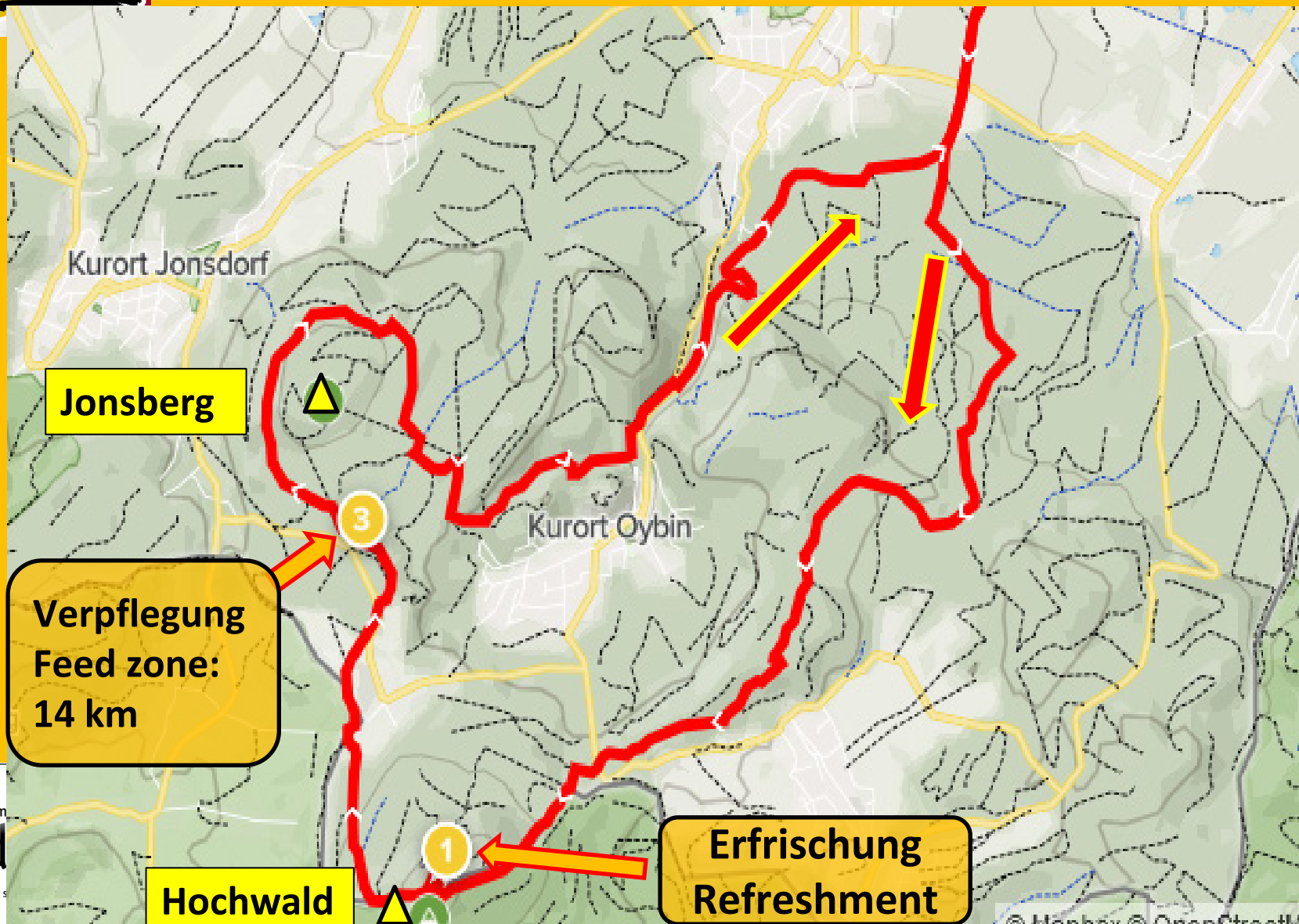
CLASSIC / TEAM





MTB – 30 km – 883 hm

CLASSIC / TEAM





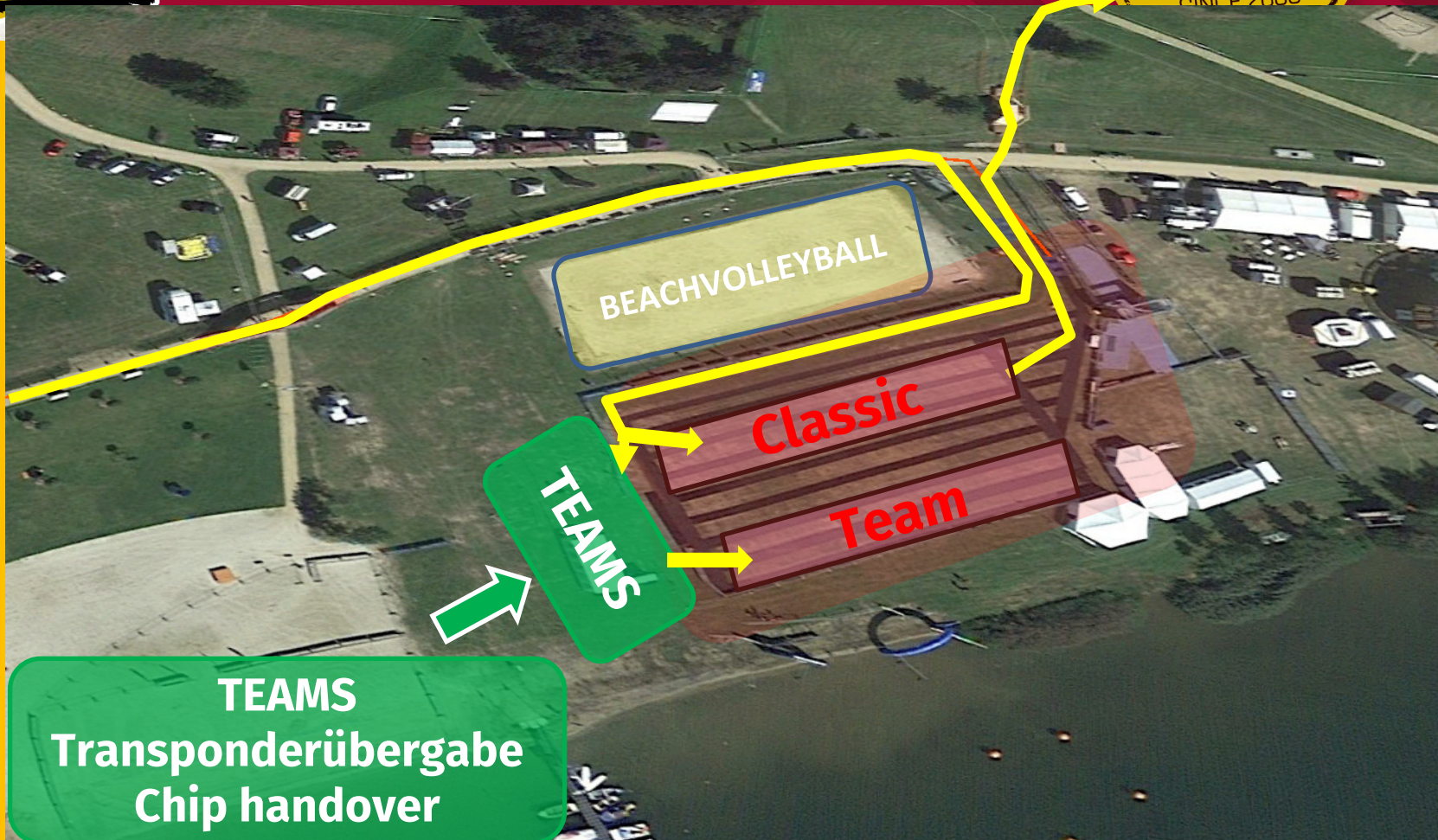
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CLASSIC / TEAM



TEAMS
Transponderübergabe
Chip handover



Trail-Run – 10 km

2 x 5,0 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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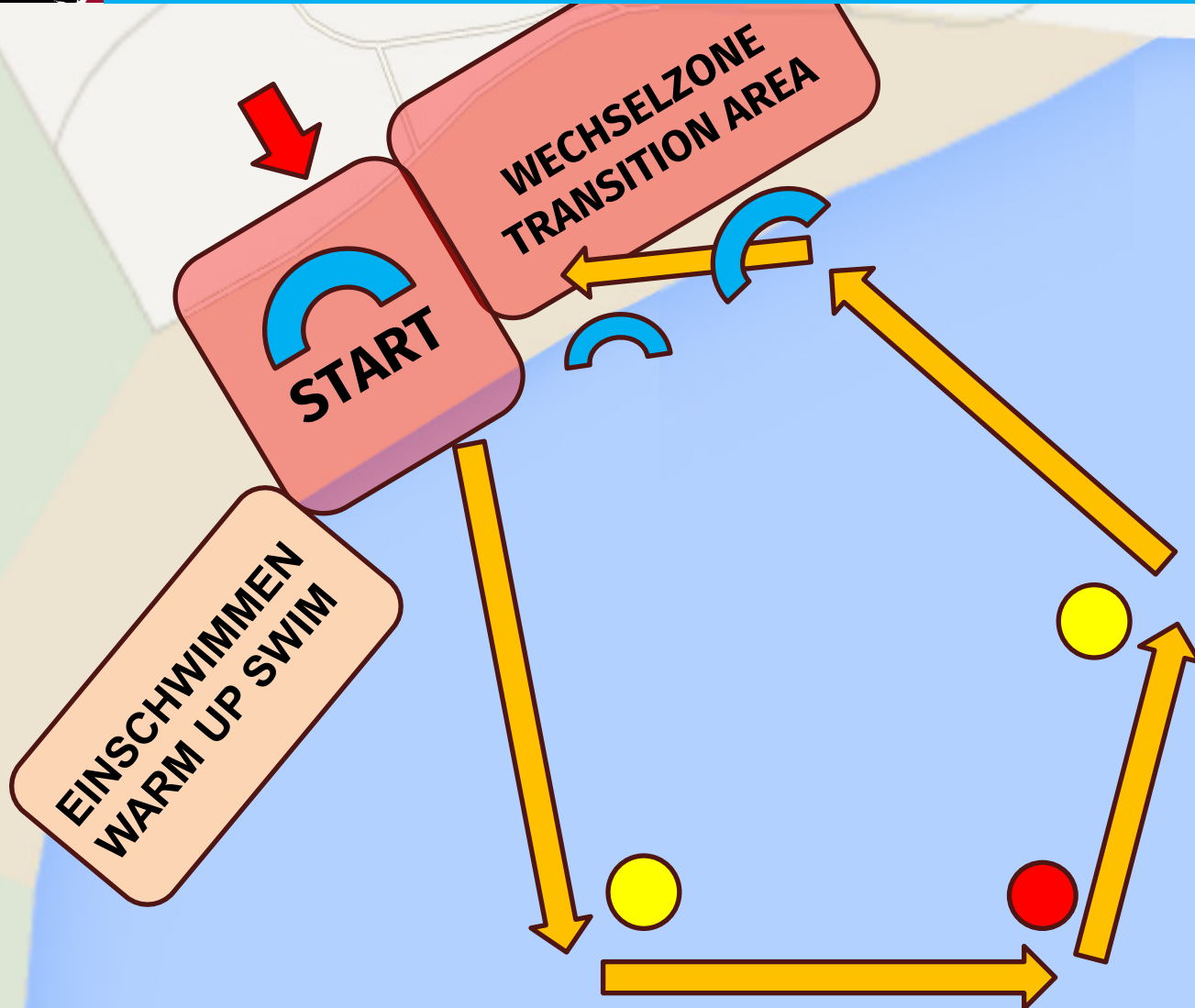


REDUCED





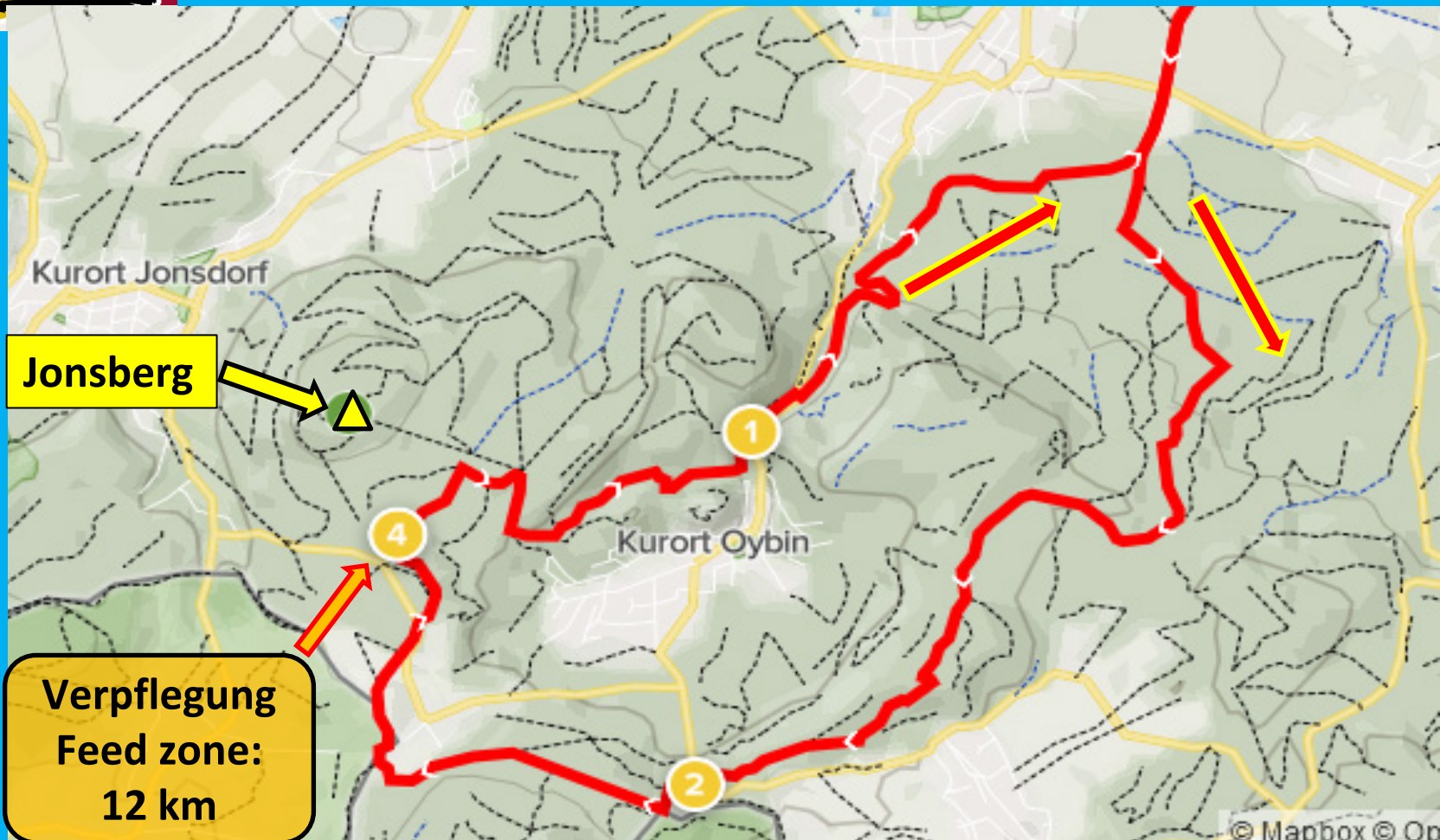
REDUCED





MTB – 26 km - 652 hm

REDUCED





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REDUCED





Trail-Run – 5,0 km

REDUCED





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Viel Erfolg!

Good luck!

