



DEUTSCHE  
MEISTERSCHAFTEN  
2022  
CROSSTRIATHLON



# Wettkampfbesprechung

## 2022





# Allgemeine Regeln / General rules

## CHECK-IN WECHSELZONE

## CHECK-IN TRANSITION AREA

9:00 – 11:15

Materialcheck – Bike und Helm

### **SCHWIMMEN**

Badekappenpflicht

Neoprenverbot ab 22/20°C

**Undurchlässige**

**Schwimmanzüge verboten**

**(Swimsuit)**

**Einschwimmen**

- 5 min zumStart

Materialcheck – Bike und Helmet

### **SWIMMING**

Swim caps obligatory

Wetsuit not allowed (from  
22/20°C)

**Skinsuits not allowed**

swimming in

- 5 min to Start









## 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  
2x Verpflegung

## 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 fastened on leg

**No E-Bikes**

## TRAIL-RUN

Running bib must be worn at front  
T-Shirt obligatory

## FEED ZONES

|                 |                              |
|-----------------|------------------------------|
| <b>MTB</b>      | 2x feed zone, 1x refreshment |
| <b>Trailrun</b> | 2x feed zone                 |



## Zeitlimits

## time out

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





# XTEERRA

## 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

CHECK-IN SWIMMING

## ELITE

CHECK-IN START

START

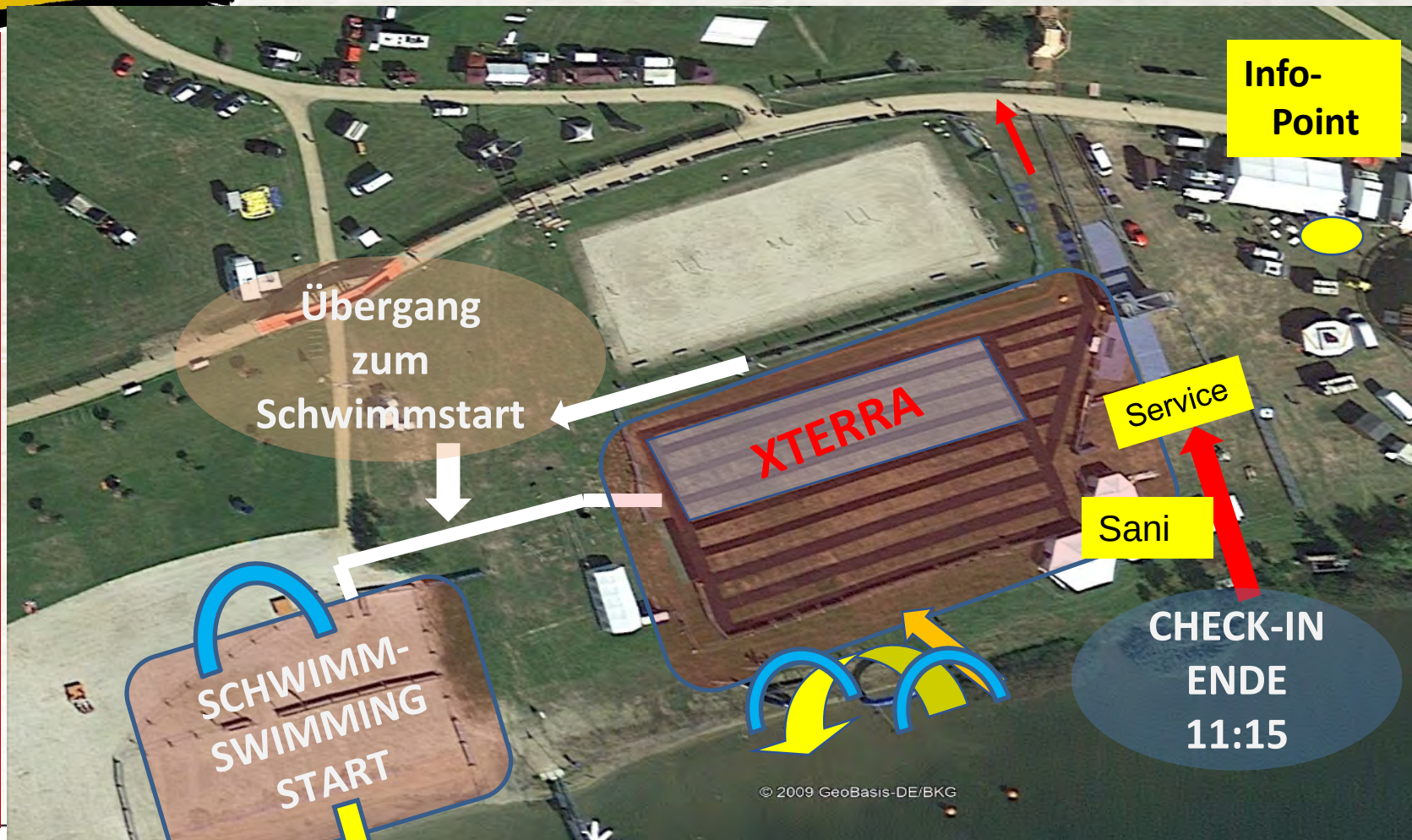
## MEN/WOMEN

FINISH CHECK-IN START

START MEN

START WOMEN





Info-  
Point

Übergang  
zum  
Schwimmstart

SCHWIMM-  
SWIMMING  
START

XTERRA

Service

Sani

CHECK-IN  
ENDE  
11:15

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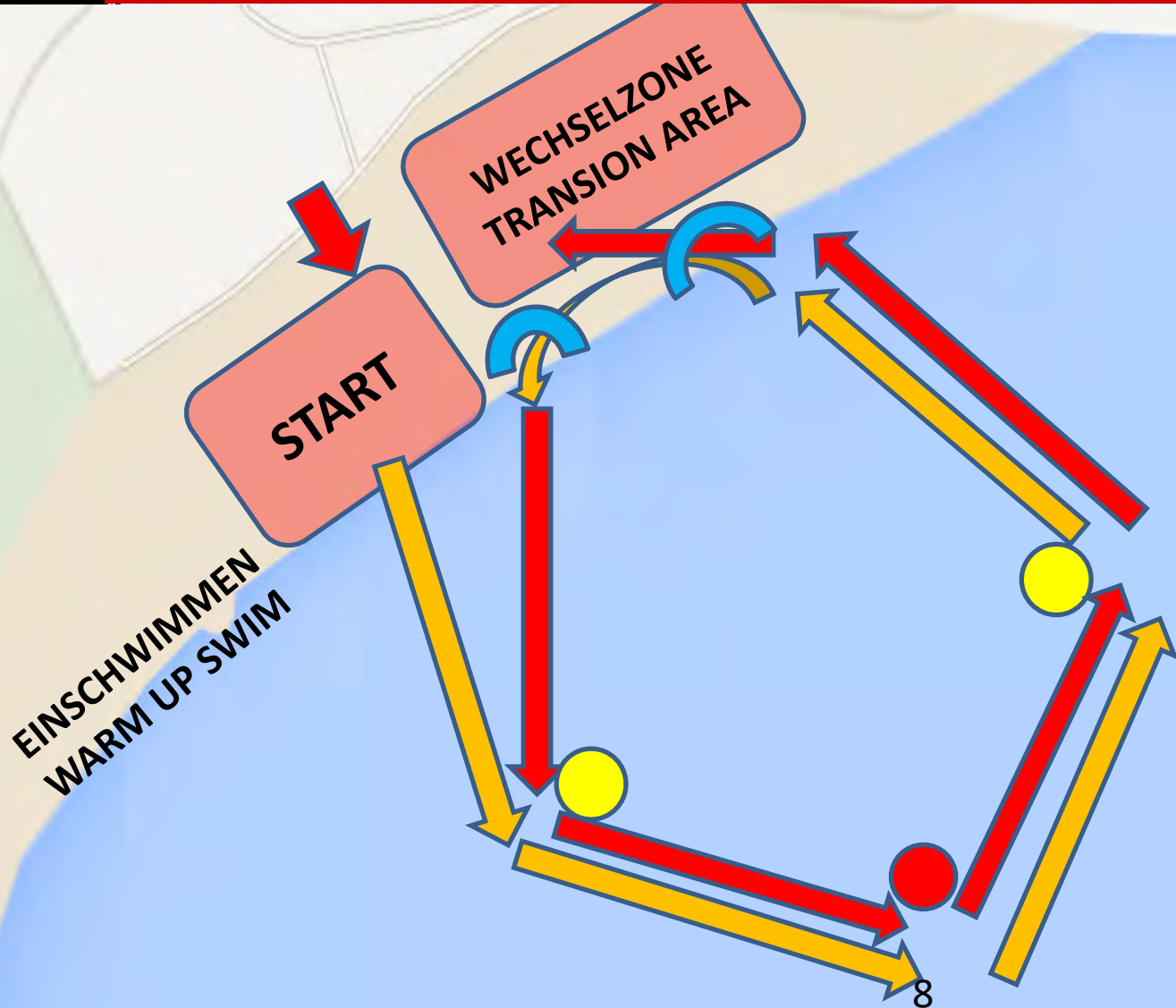




# SCHWIMMEN– SWIMMING

2 x 750 m = 1,5 km

# XTERRA







# MTB – 36 km - 1160 hm

# XTERRA





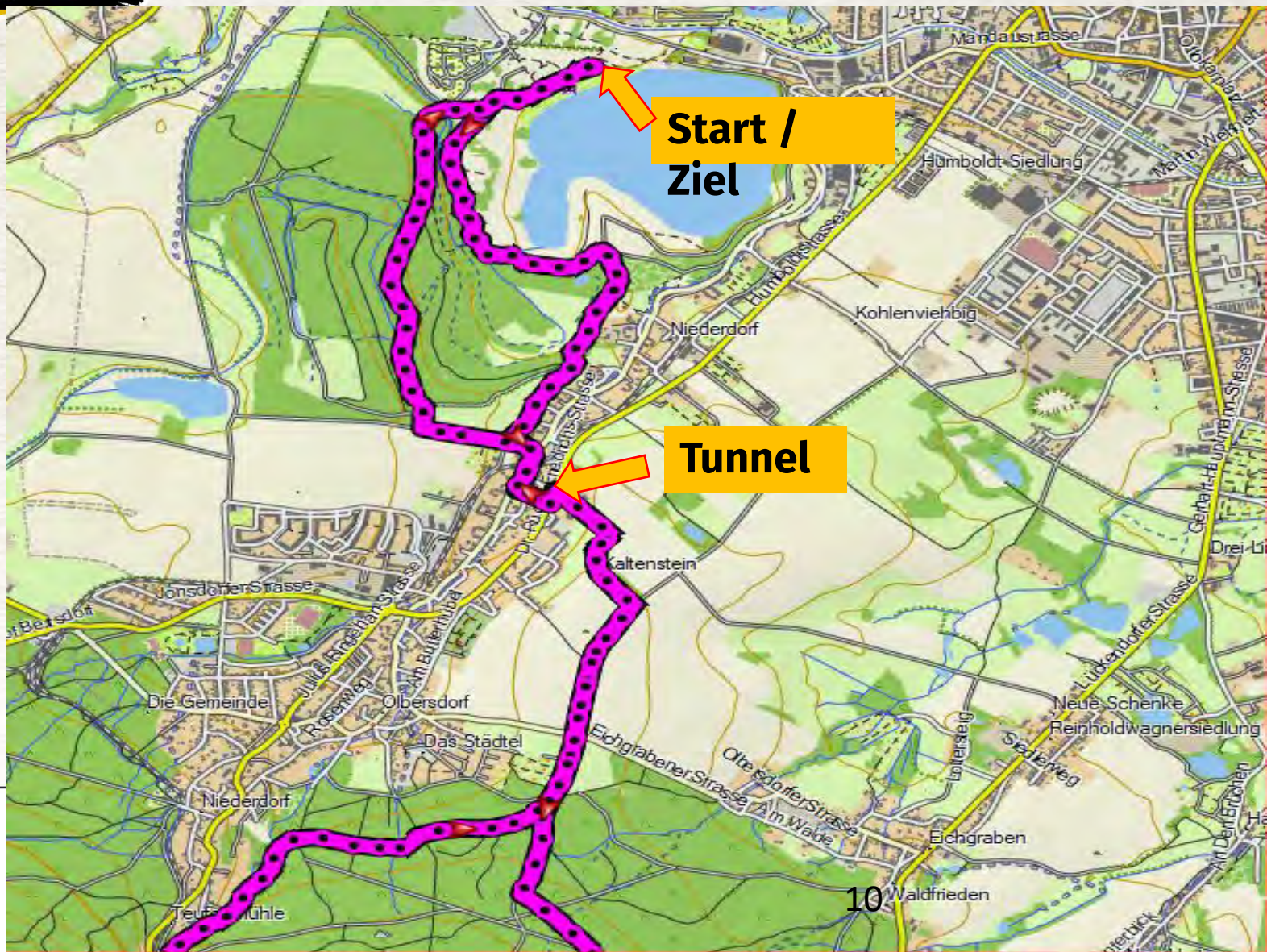


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GERMANY

Xterra

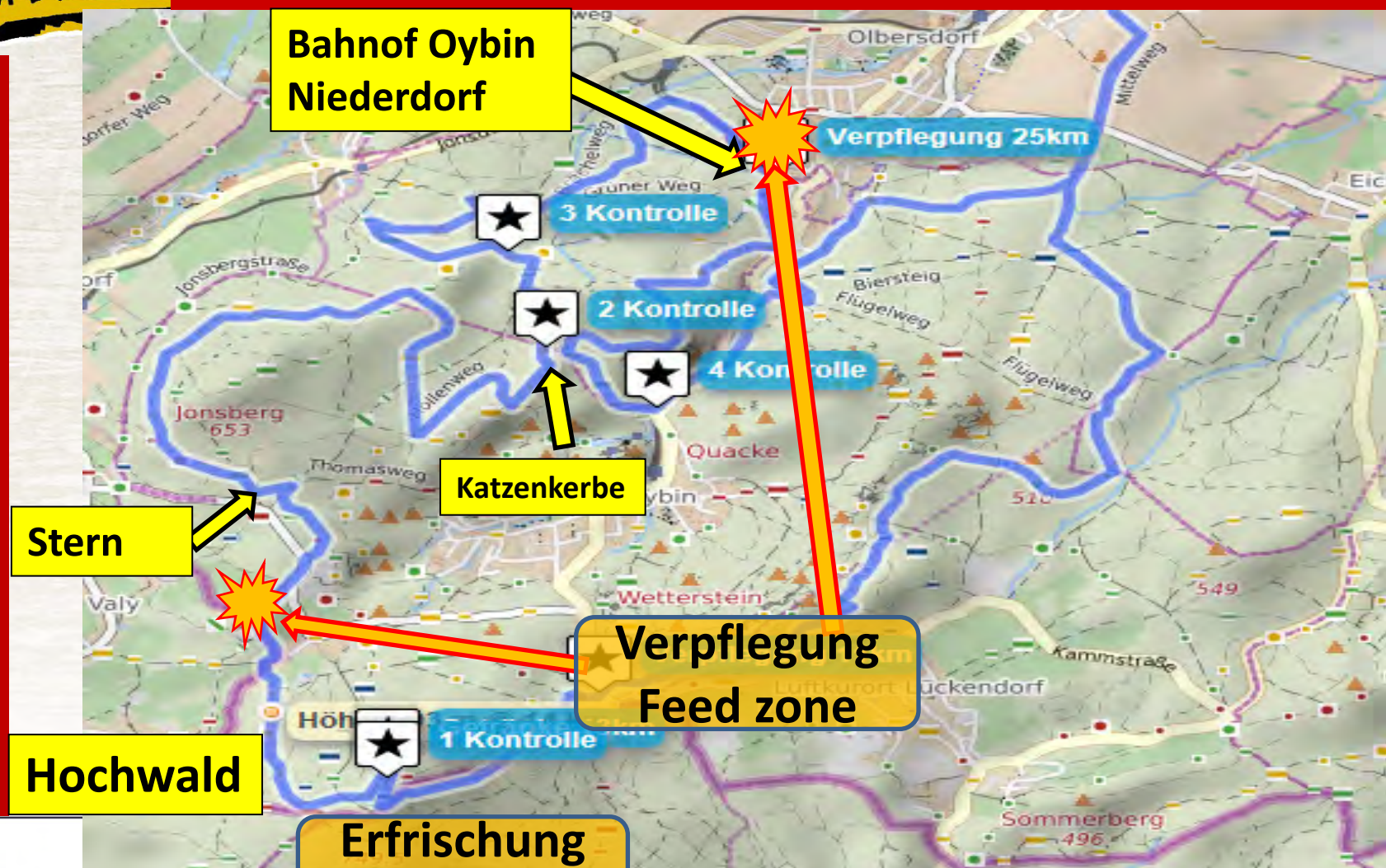






# MTB – 36 km - 1160 hm

# X TERRA







# MTB – 36 km - 1160 hm

# XTERRA







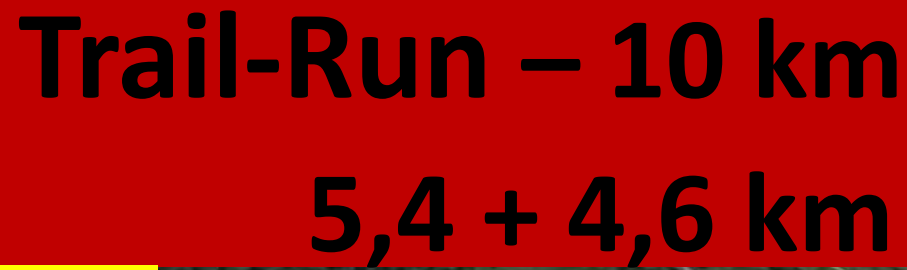
# Trail-Run – 10 km

## 5,4 + 4,6 km

# X TERRA







## Verpflegung

### Feed zone 1 + 2

**1,5 km**



transmission as a vision



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



**G&K**  
Gebäudetechnik GmbH Zittau







# CLASSIC / TEAM

## Classic

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

STARTZEIT 12:00

## Classic

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





# CLASSIC / TEAM



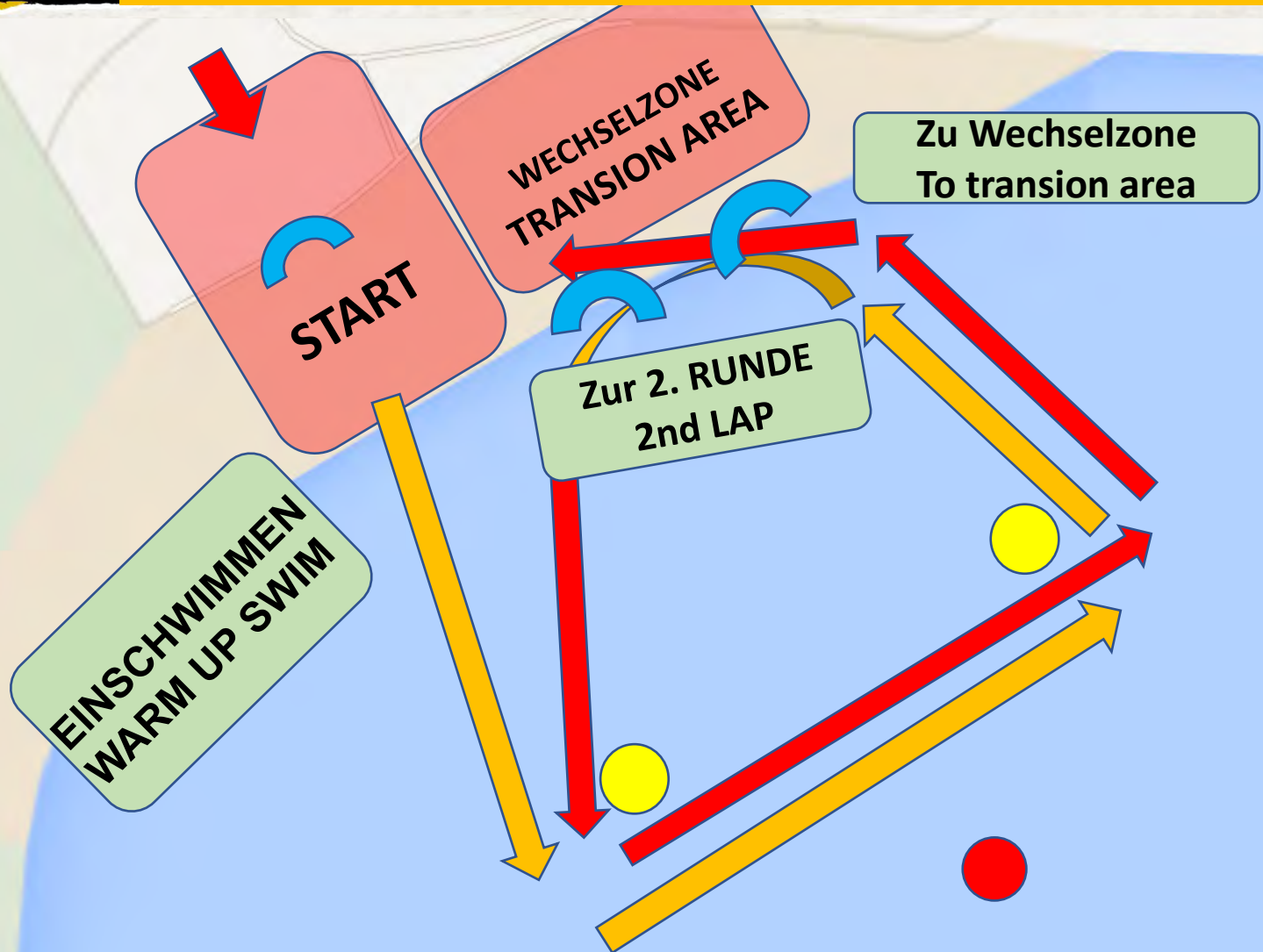




# SCHWIMMEN– SWIMMING

2 x 550 m = 1,1 km

CLASSIC / TEAM



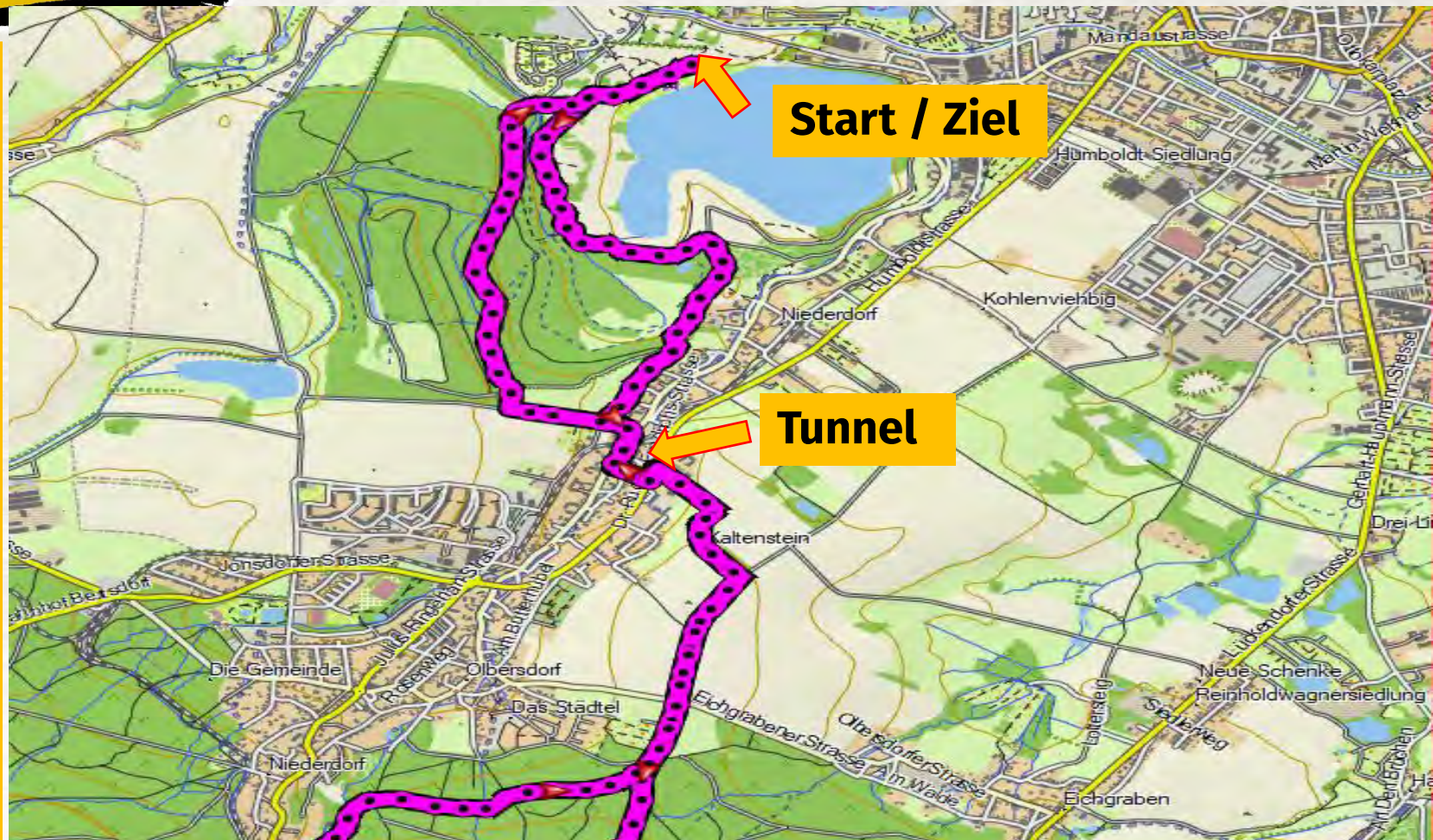




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CLASSIC / TEAM

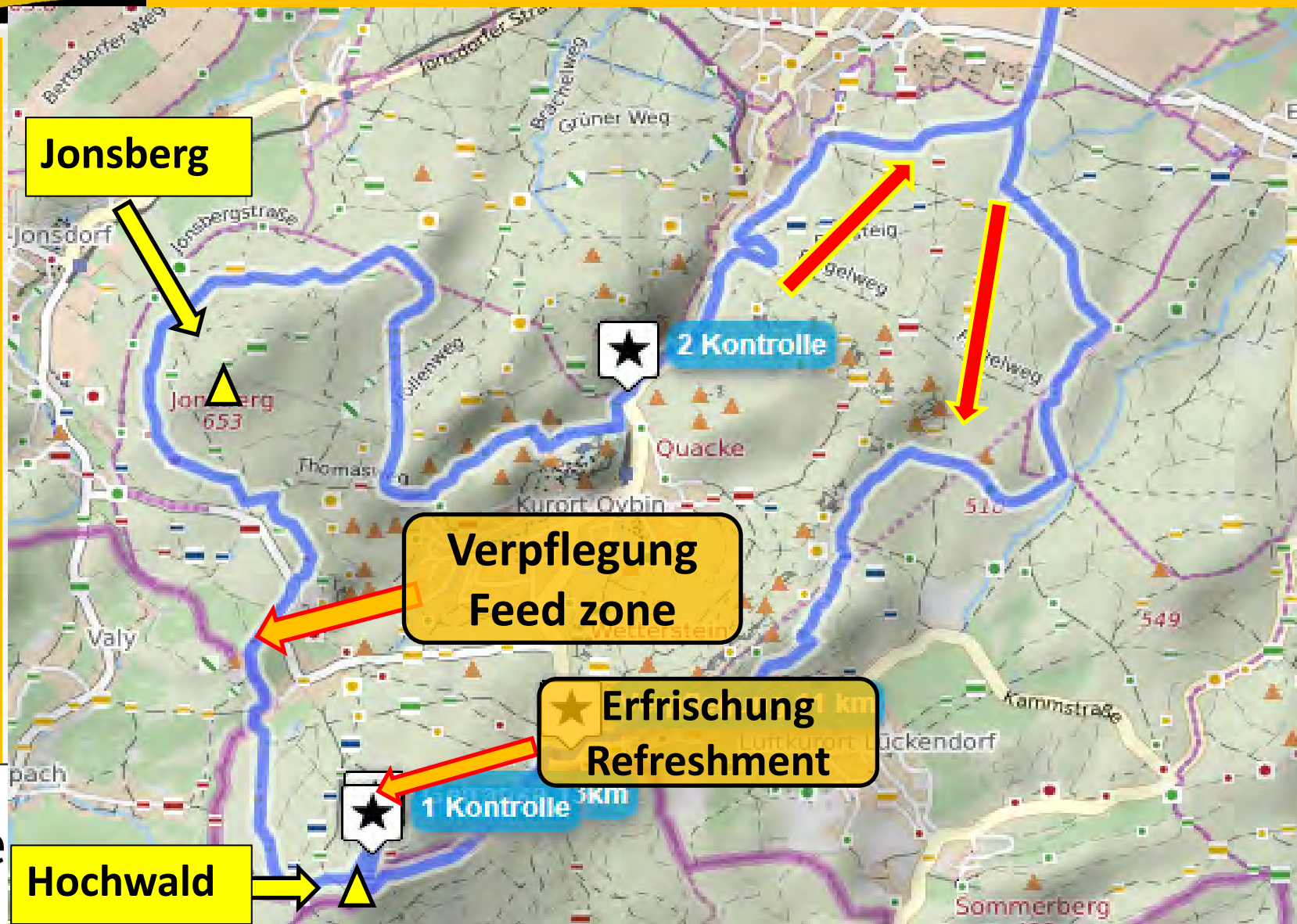






# MTB – 30 km - 883 hm

CLASSIC / TEAM



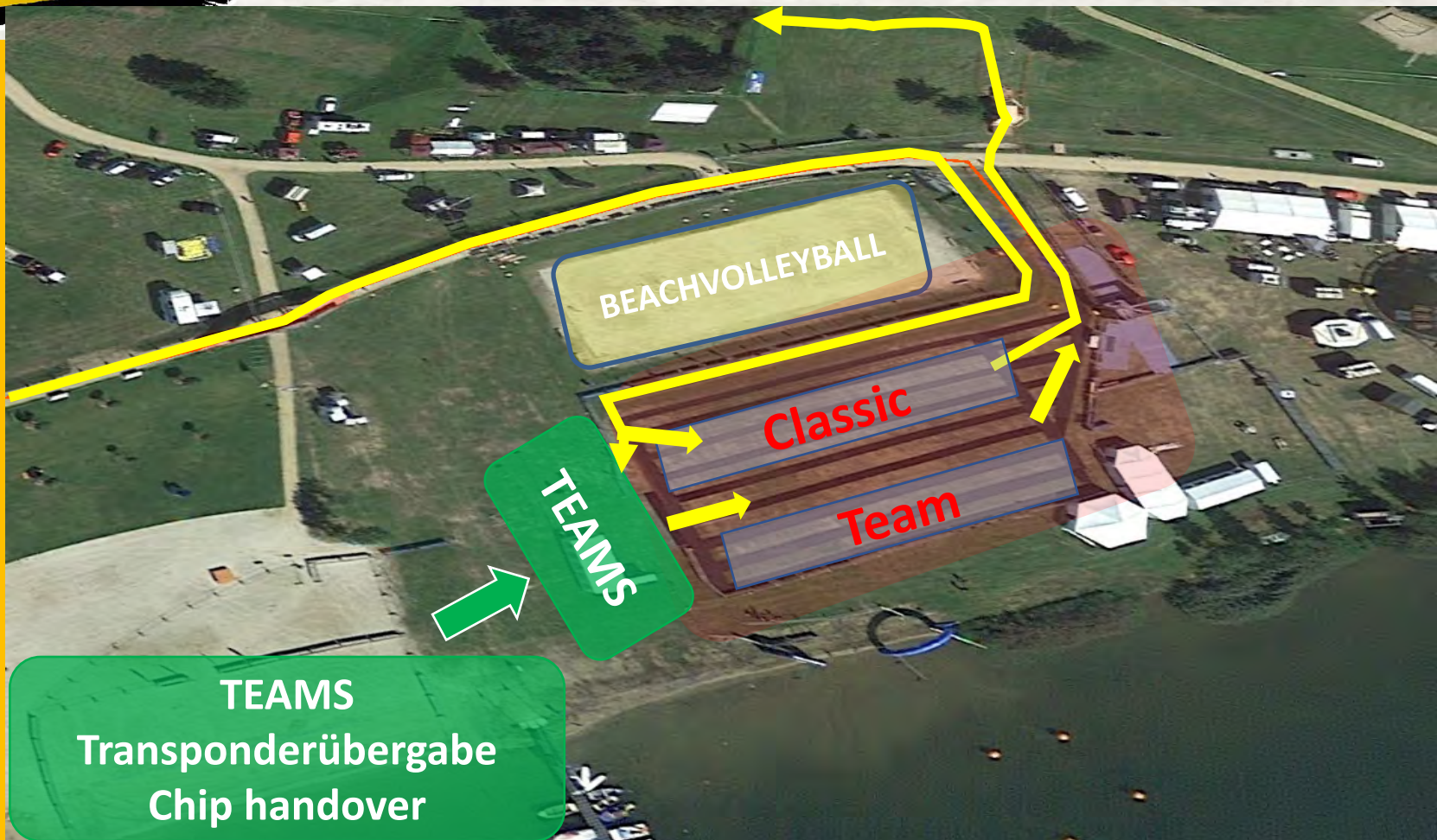




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CLASSIC / TEAM



TEAMS  
Transponderübergabe  
Chip handover







# Trail-Run – 10 km

## 5,4 + 4,6 km

CLASSIC / TEAM



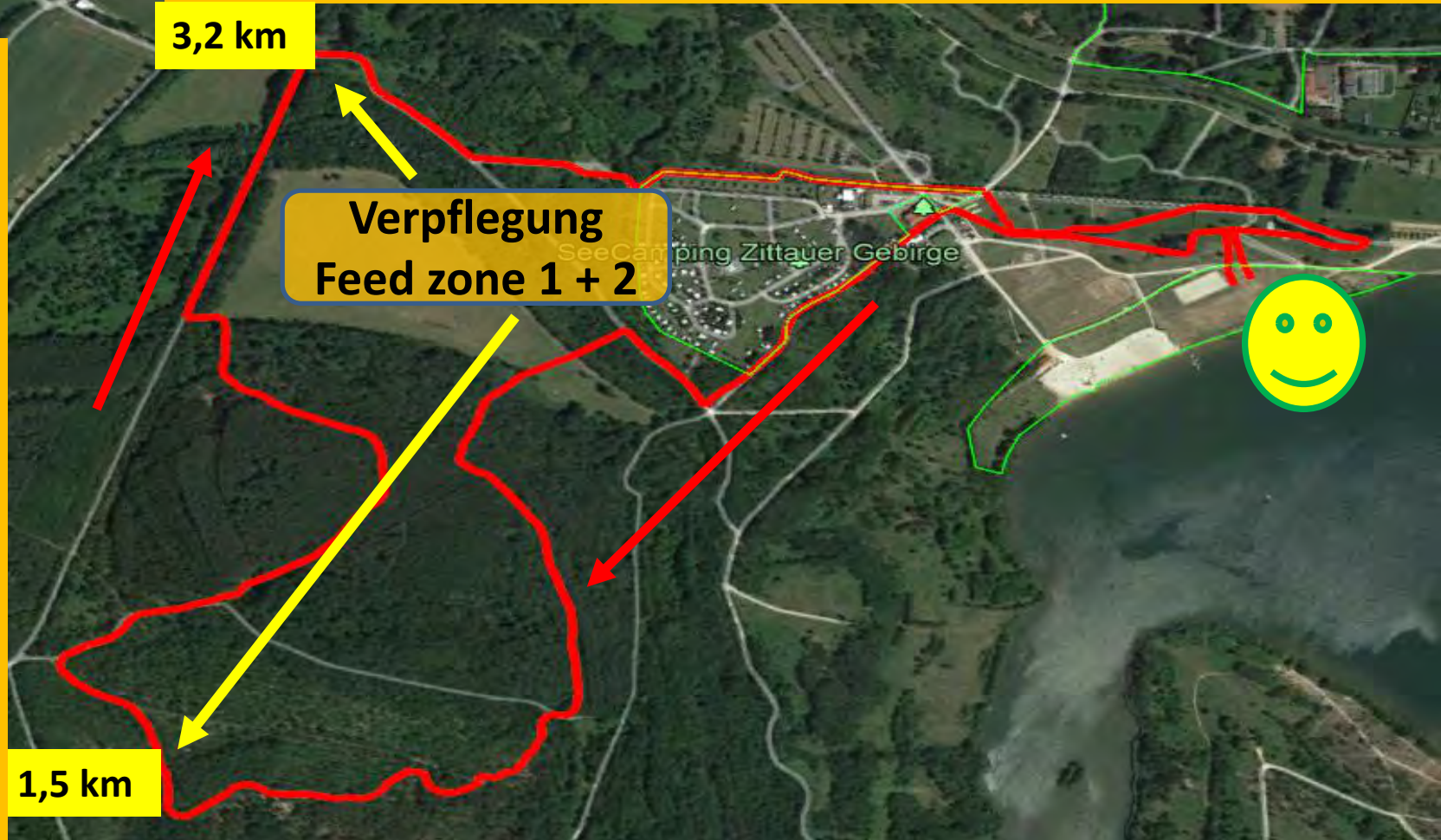




# Trail-Run – 10 km

## 5,4 x 4,6 km

CLASSIC / TEAM







# REDUCED / TEAM

CHECK-IN SCHWIMMEN

12:00 – 12:20

CHECK-IN SWIMMING

**REDUCED Männer**

**REDUCED Men**

CHECK-IN START

12:22

CHECK-IN START

**STARTZEIT**

**12:25**

**START**

**REDUCED Frauen / Team**

**REDUCED Women / Team**

CHECK-IN START

12:25

CHECK-IN START

**STARTZEIT**

**12:28**

**START**





REDUCED / TEAM

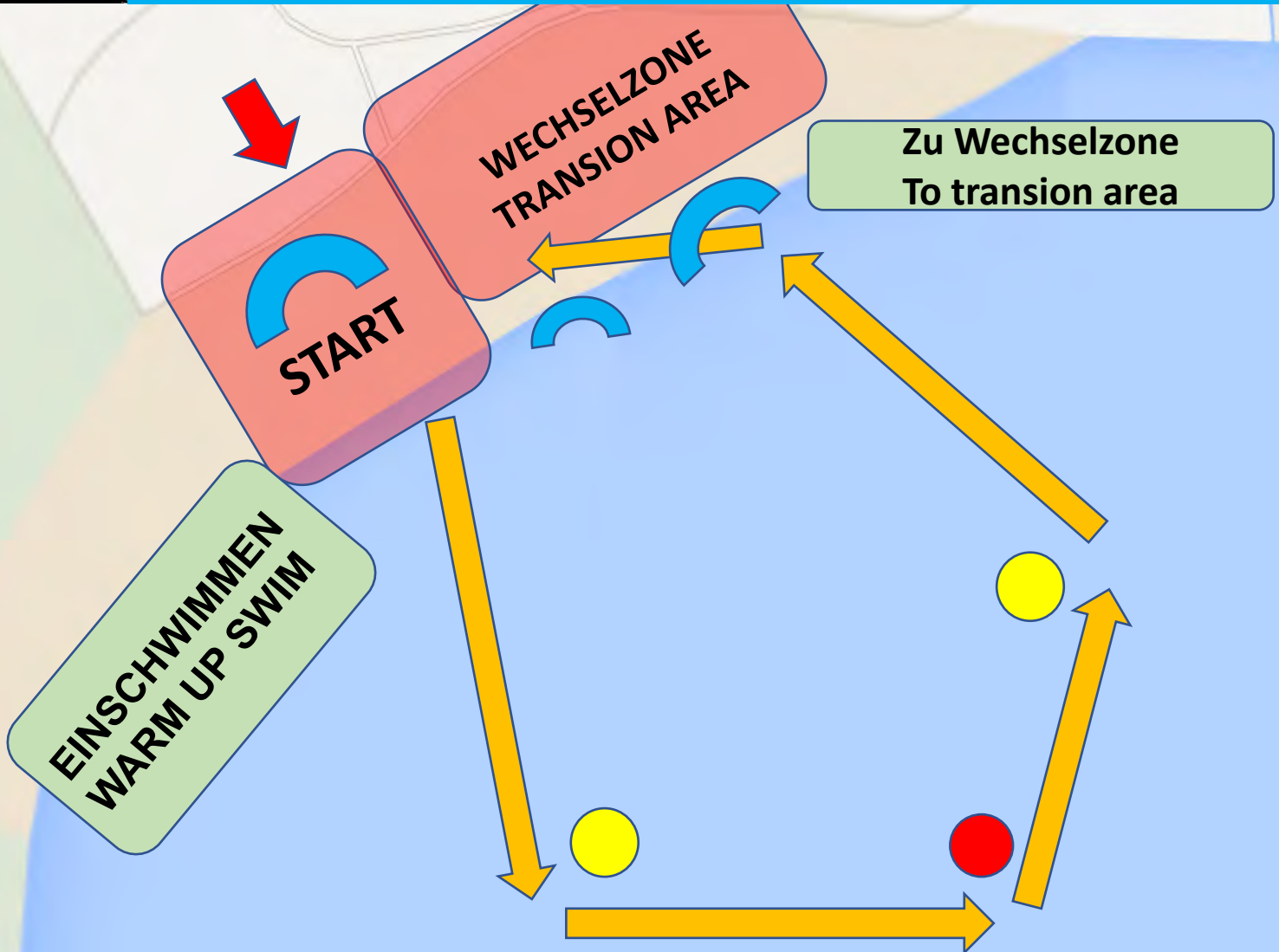






# SCHWIMMEN – 750 m – SWIMMING

REDUCED / TEAM

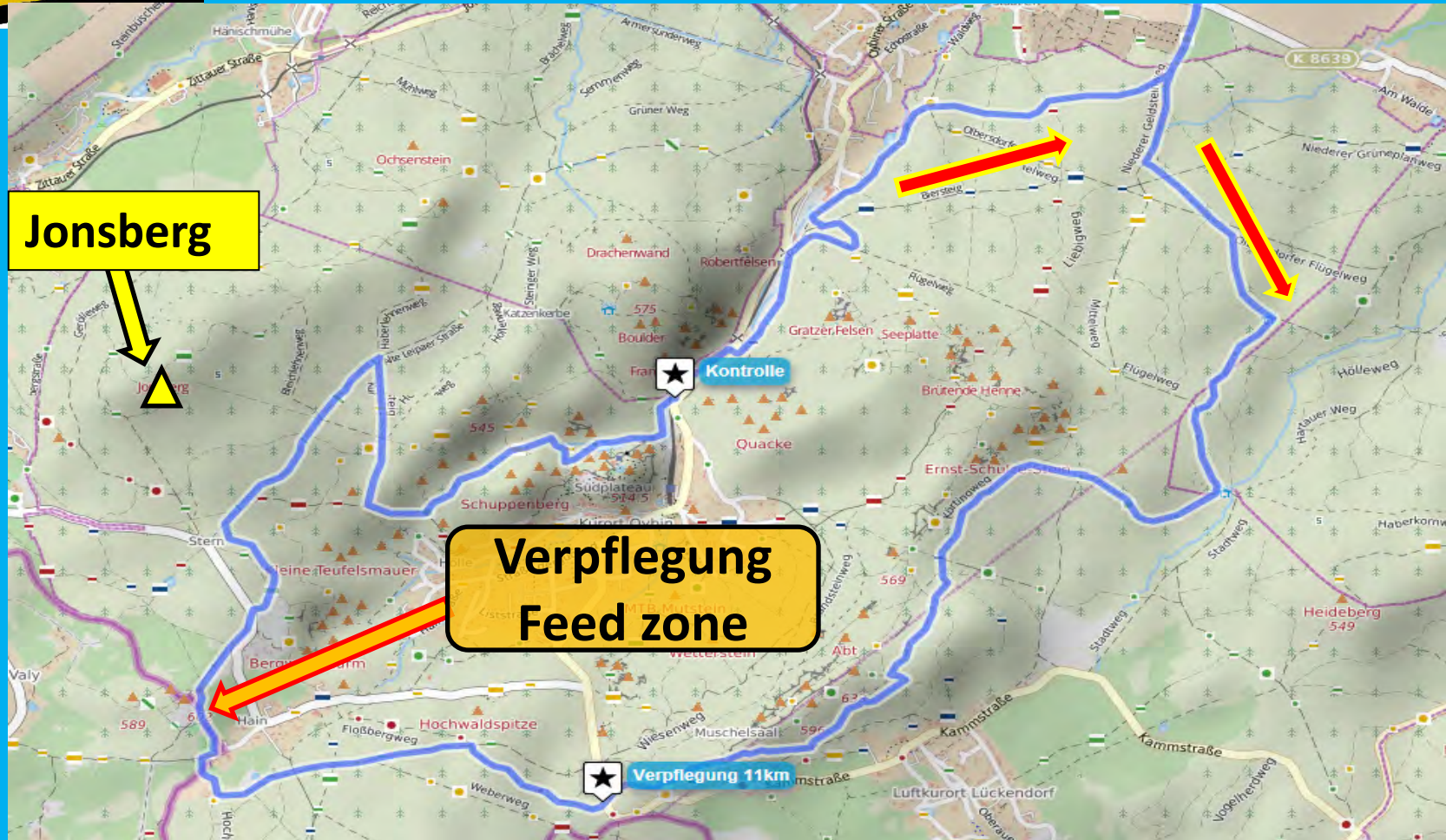






# MTB – 26 km - 652 hm

REDUCED / TEAM



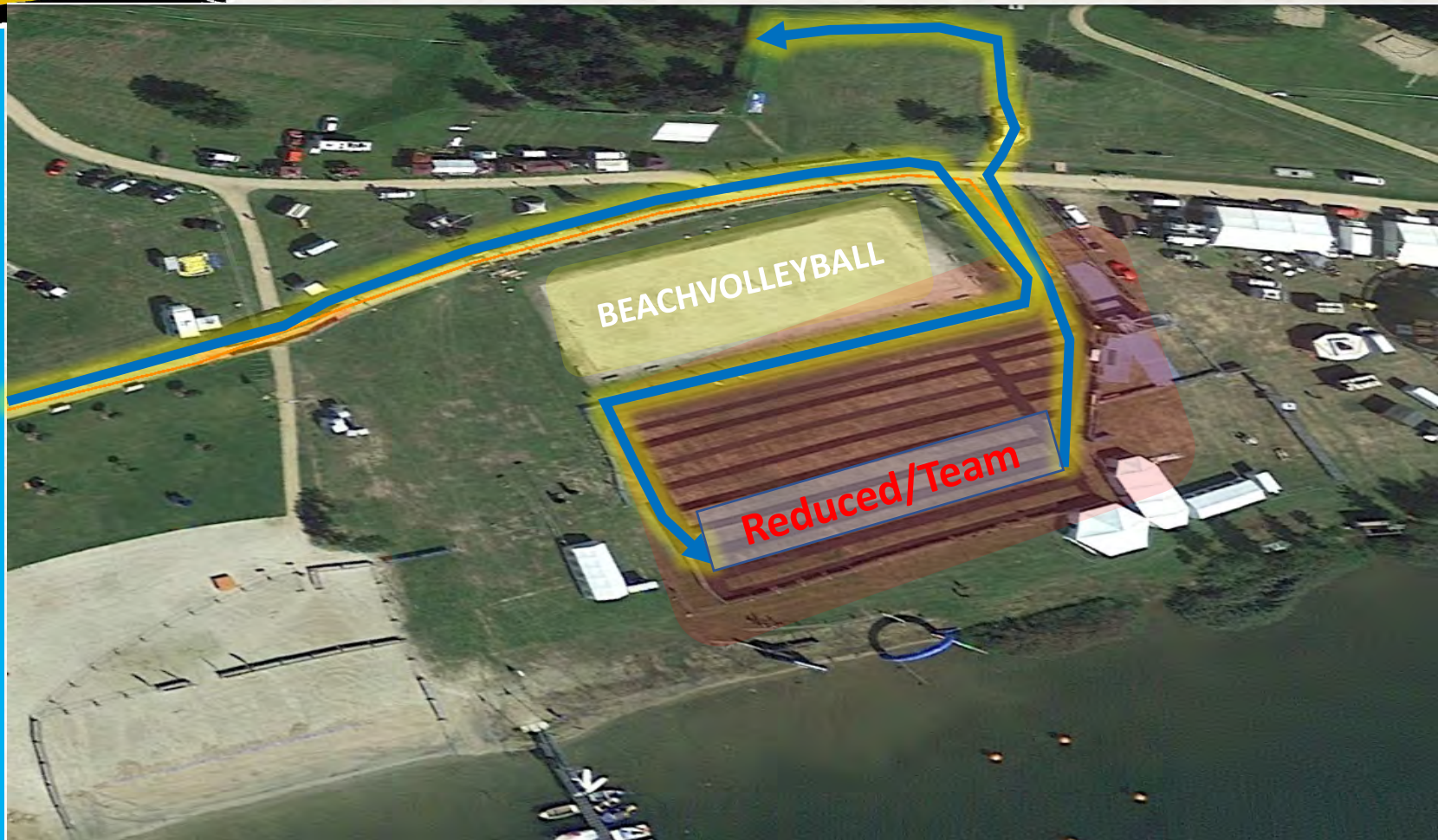




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REDUCED / TEAM

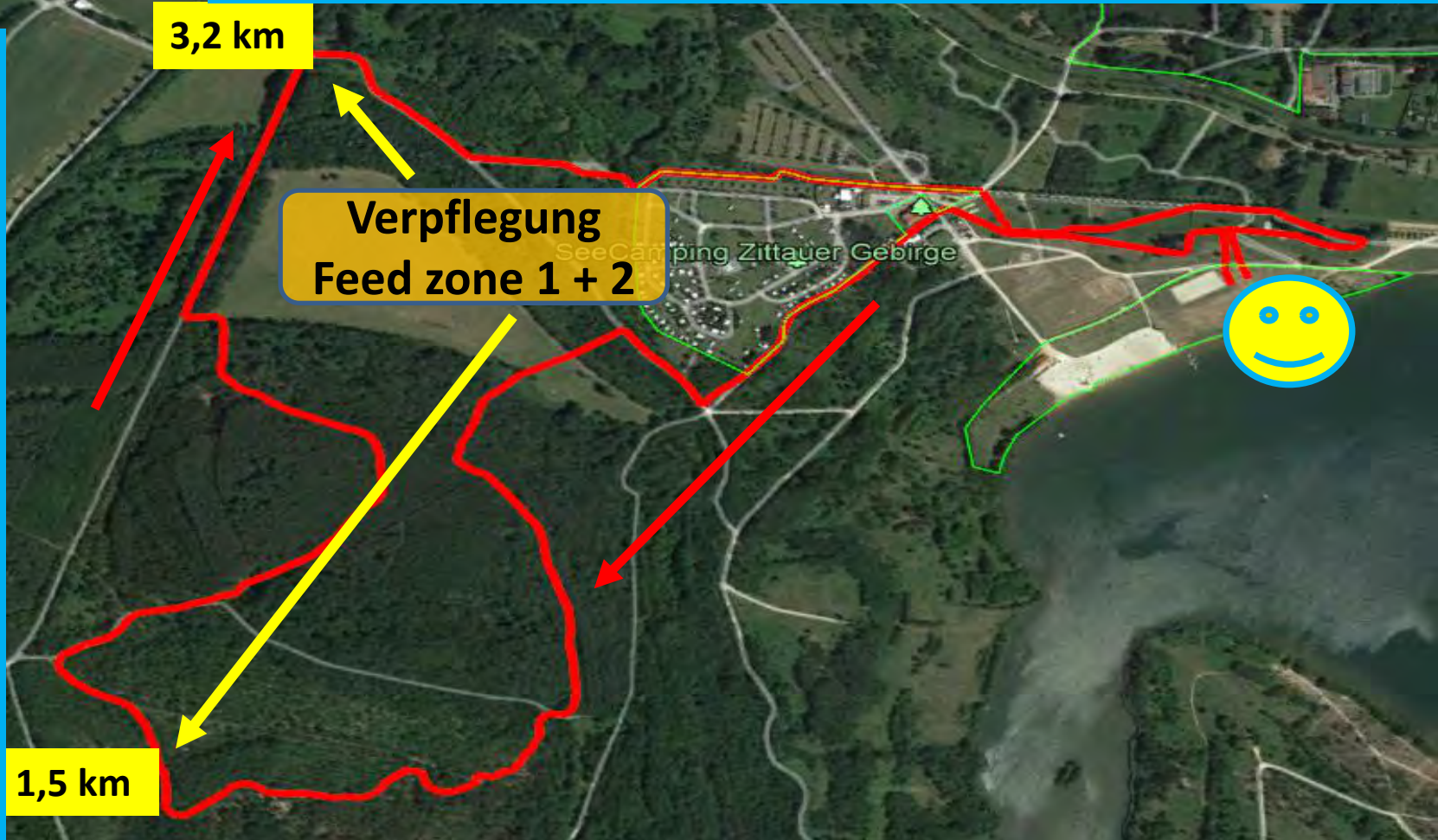






# Trail-Run – 5,4 km

REDUCED / TEAM







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# Viel Erfolg!

# Good luck!

