



DEUTSCHE
MEISTERSCHAFTEN
2023
CROSSTRIATHLON



GERMANY



WETTKAMPFBESPREECHUNG BRIEFING 2023



GERMANY

Allgemeine Regeln / General rules

9:00 – 11:15

CHECK-IN WECHSELZONE

Materialcheck – Bike und Helm

SCHWIMMEN

Badekappenpflicht
Neoprenverbot ab 22/20°C

Undurchlässige Schwimanzümpfe verboten

Einschwimmen

-> 5 min zum Start

CHECK-IN TRANSITION AREA

Materialcheck – Bike and Helmet

SWIMMING

Swim caps obligatory
Wetsuit not allowed from 22/20°C

Skinsuits not allowed

swimming in

-> 5 min to 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

MTB -> Helmet obligatory

- Helmet hanging opened on bike
- Helmet must be worn with closed bucle while exiting transion area
- No cycling in transion area
- Chip to be fasten on leg

No E-Bikes

TRAIL-RUN

- Running bib must be worn at front
- T-Shirt obligatory



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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



GERMANY

XTERRA

Alle Starts		ALL STARTER
CHECK-IN SCHWIMMEN	11:15 – 11:27	CHECK-IN SWIMMING
ELITE		ELITE
Ende CHECK-IN START	11:27	End of CHECK-IN START
STARTZEIT	11:30	START TIME
MÄNNER / FRAUEN		MEN/WOMEN
Ende CHECK-IN START	11:30	End of CHECK-IN START
STARTZEIT MÄNNER	11:33	START MEN
STARTZEIT FRAUEN	11:36	START WOMEN

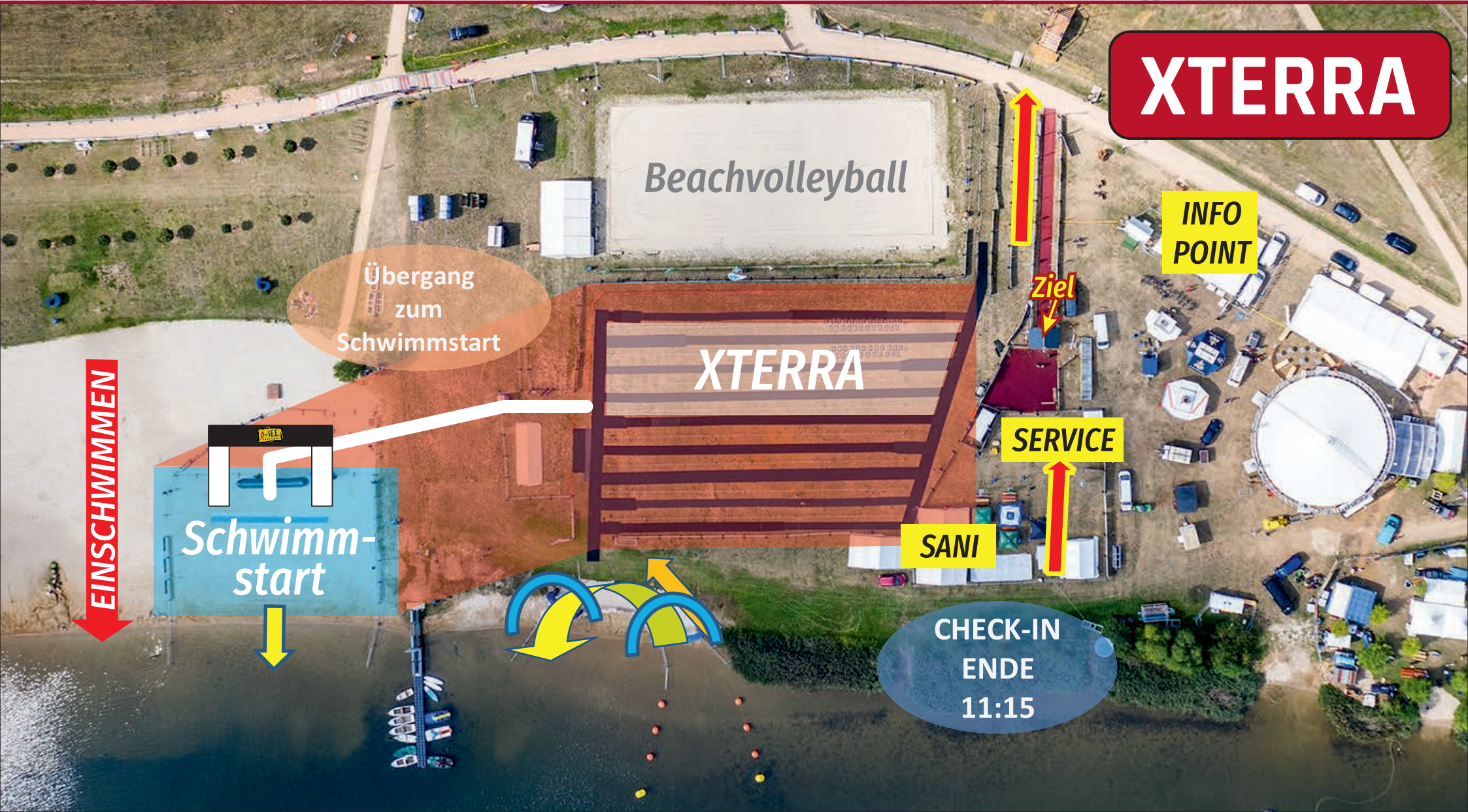


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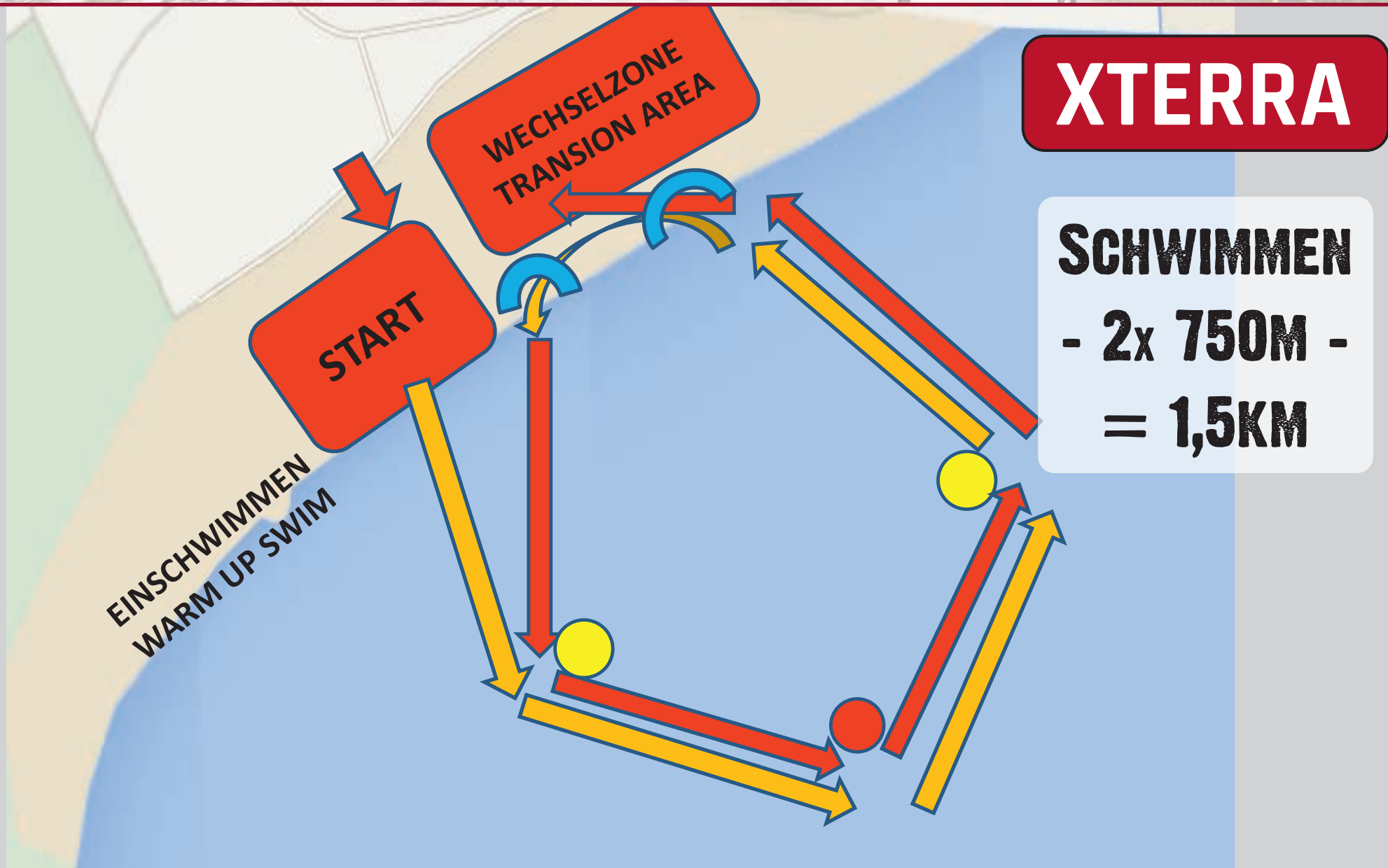


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CROSSTRIATHLON



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2023
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GERMANY



XTERRA

MTB TRAIL
- 36KM -
- 1160HM -

Beachvolleyball

XTERRA

SERVICE

SANI

Ziel



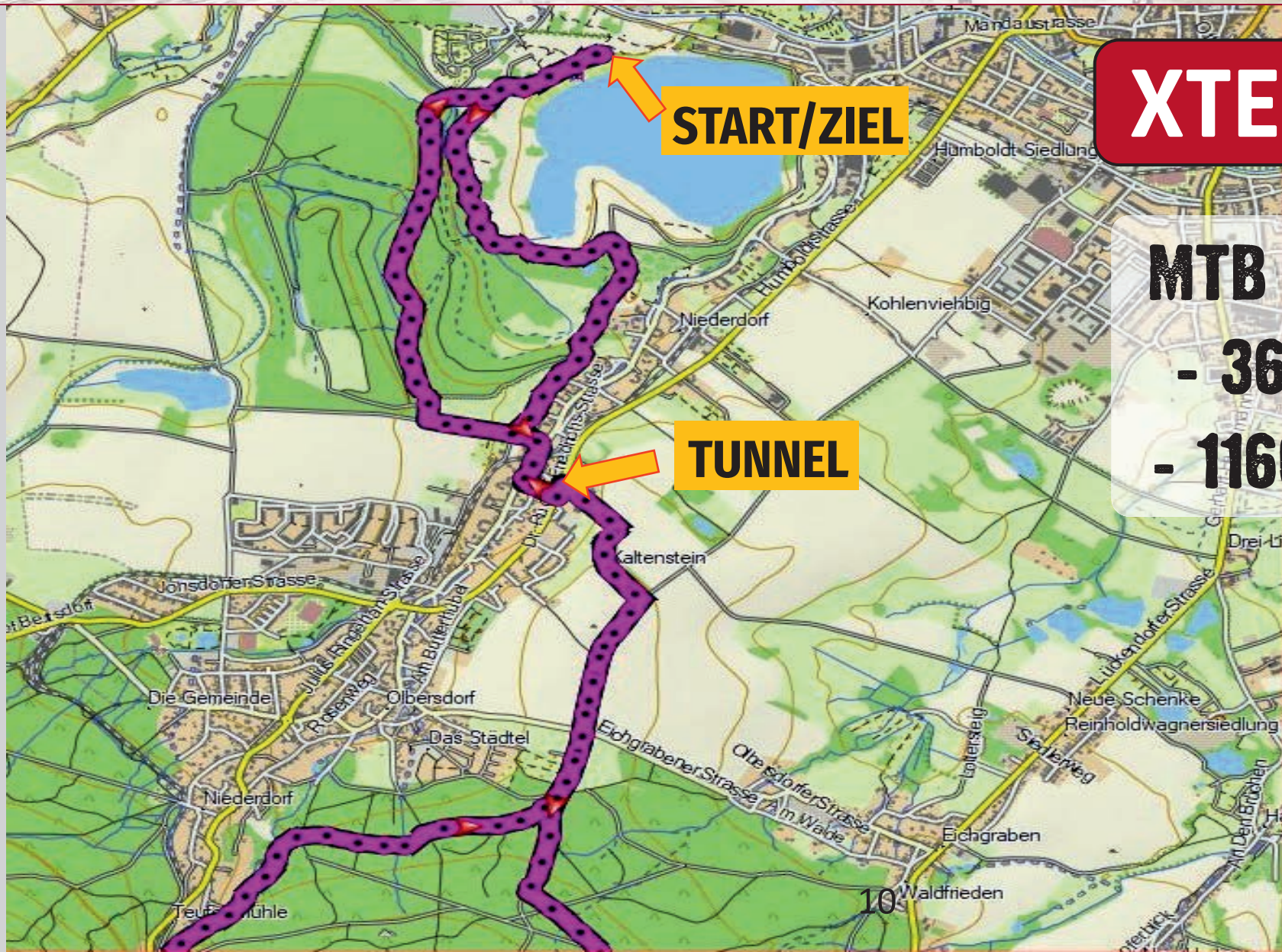


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2023
CROSSTRIATHLON



GERMANY

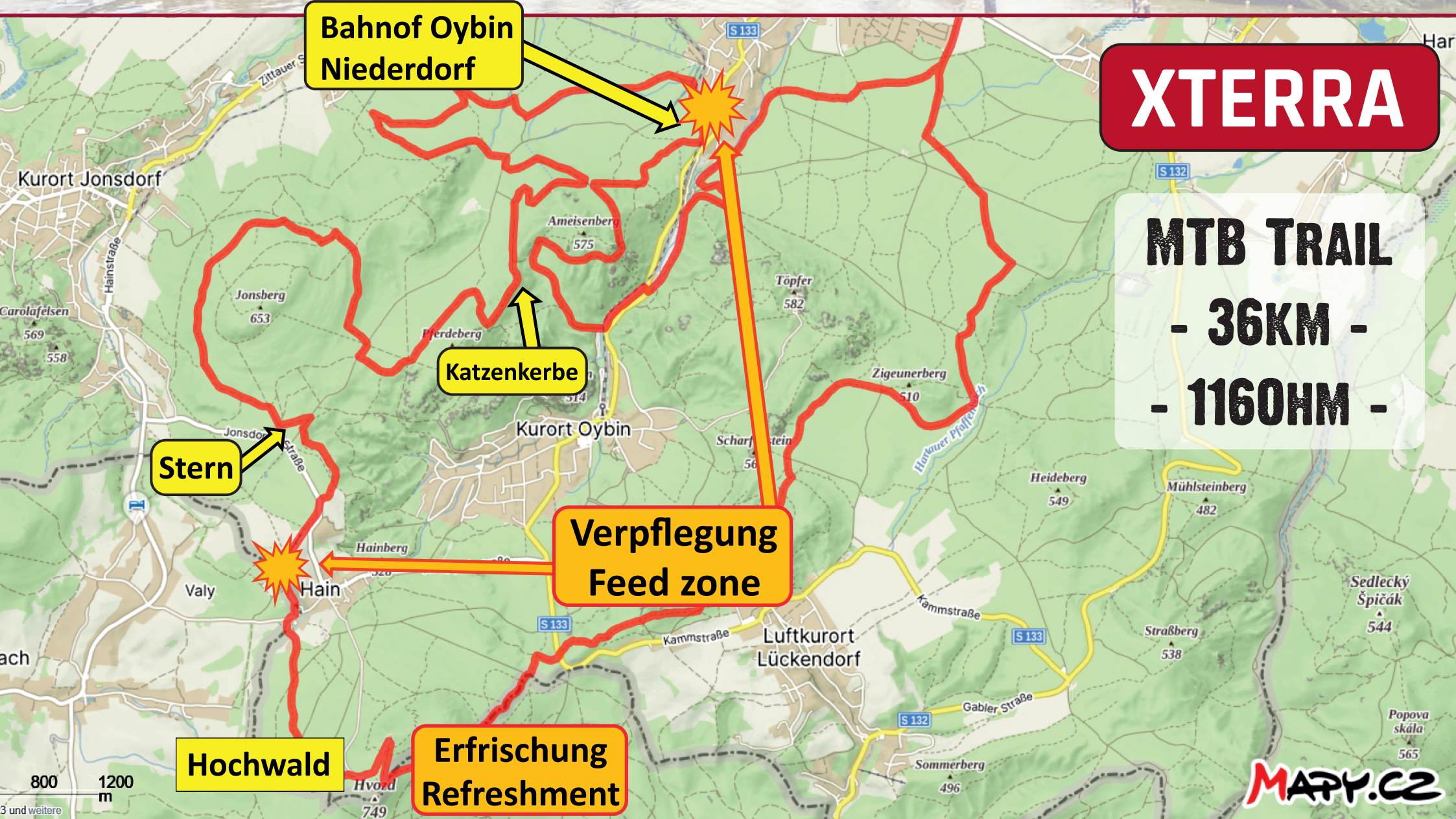


XTERRA

MTB TRAIL
- 36KM -
- 1160HM -



GERMANY



**Bahnhof Oybin
Niederdorf**

XTERRA

**MTB TRAIL
- 36KM -
- 1160HM -**

Katzenkerbe

Stern

**Verpflegung
Feed zone**

Hochwald

**Erfrischung
Refreshment**



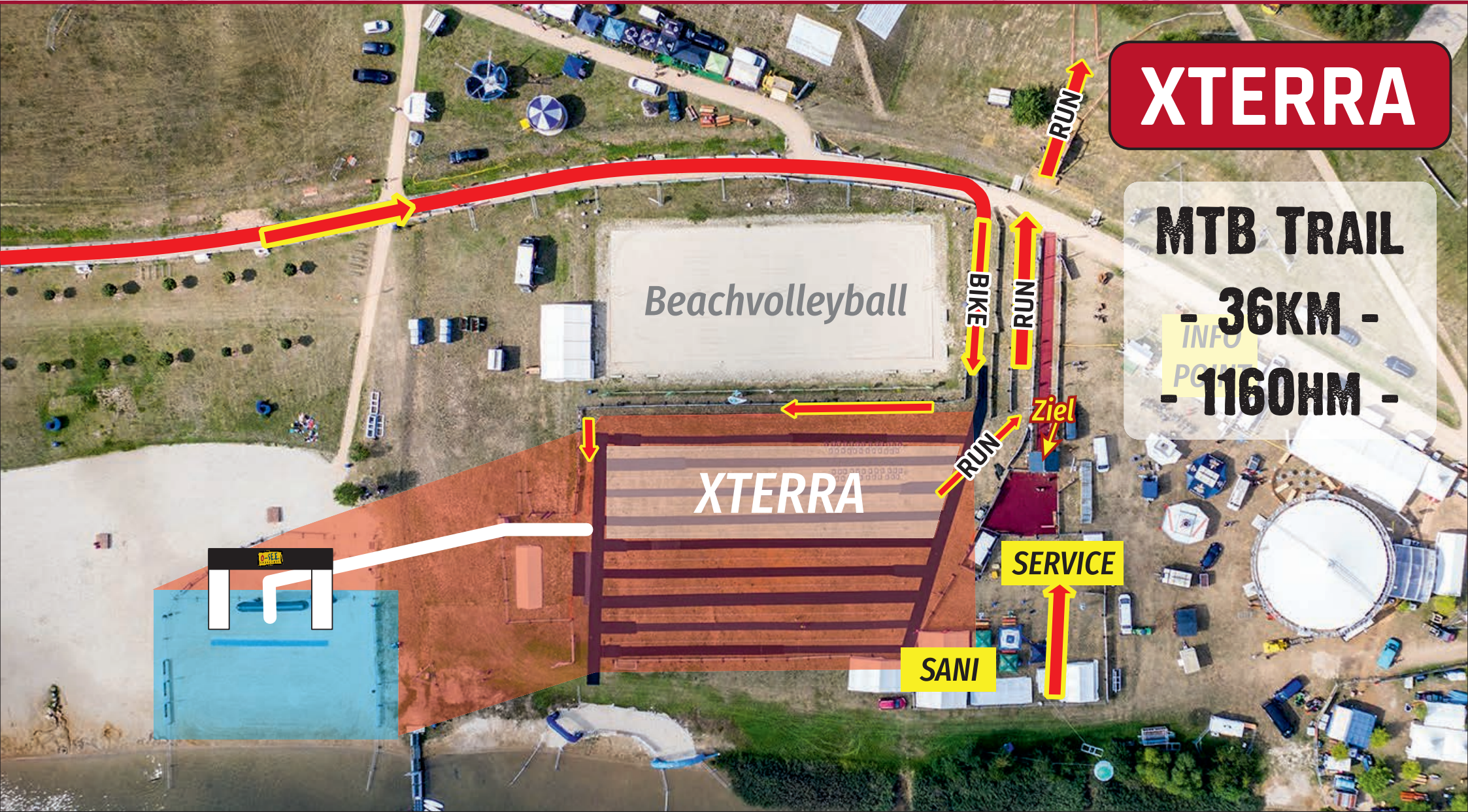


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GERMANY



XTERRA

MTB TRAIL
- 36KM -
- 1160HM -

Beachvolleyball

XTERRA

Ziel

SERVICE

SANI



INFO POINT

BIKE

RUN

RUN

RUN



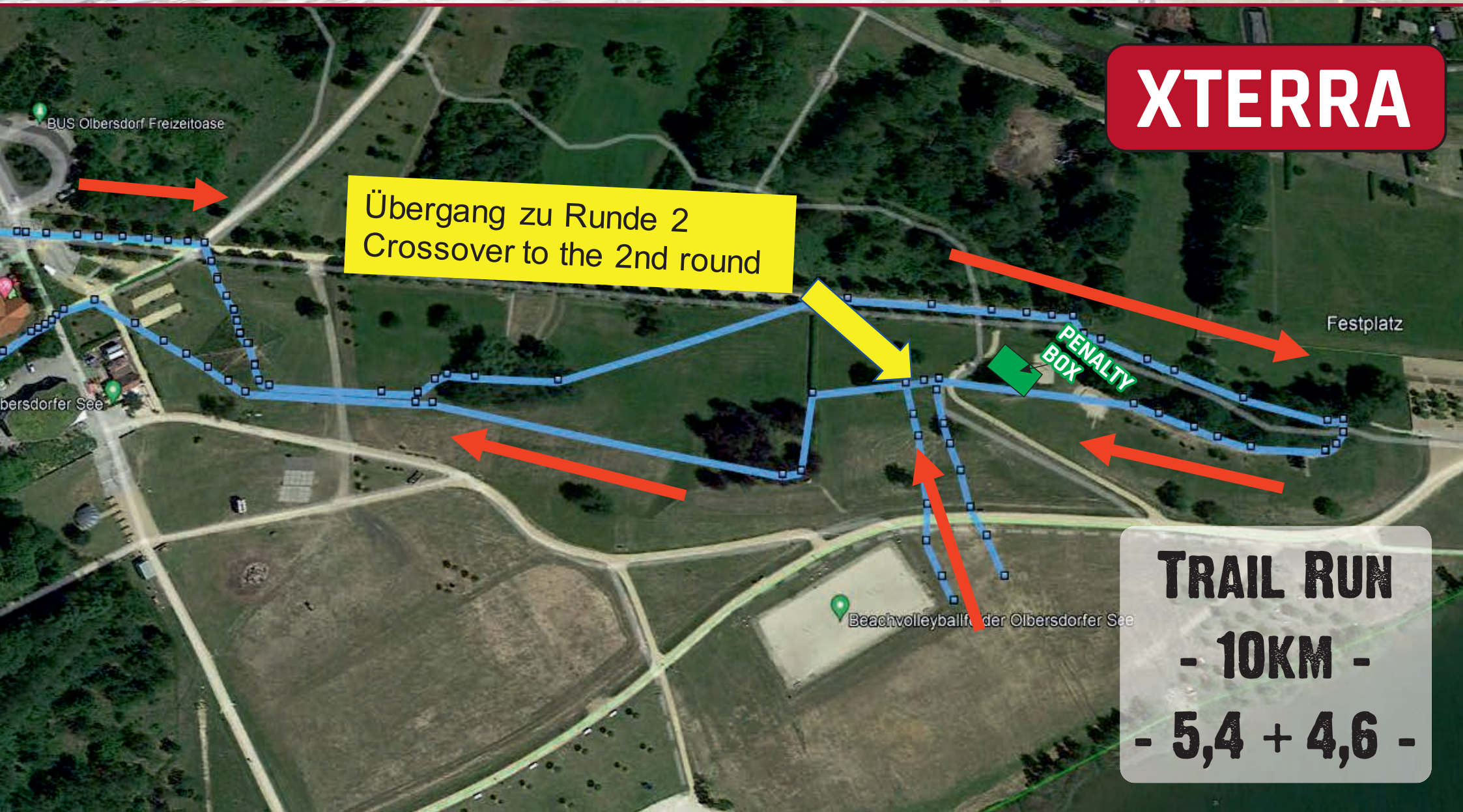


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GERMANY



XTERRA

Übergang zu Runde 2
Crossover to the 2nd round

PENALTY BOX

TRAIL RUN
- 10KM -
- 5,4 + 4,6 -

BUS Olbersdorf Freizeitoase

Festplatz

Olbersdorfer See

Beachvolleyball der Olbersdorfer See

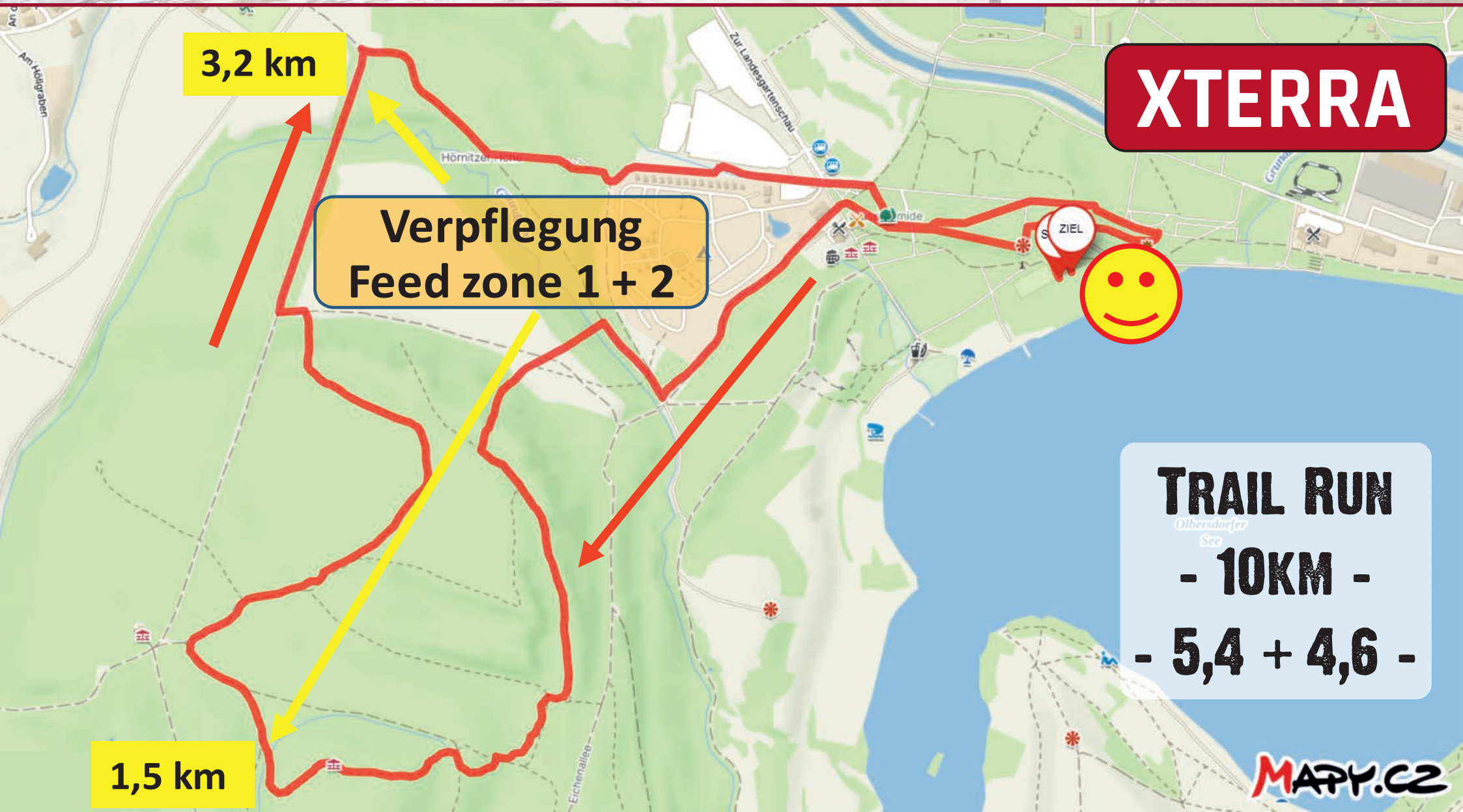


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GERMANY



XTERRA

TRAIL RUN
Obersdorfer See
- 10KM -
- 5,4 + 4,6 -





GERMANY

CLASSIC | TEAM

CLASSIC		CLASSIC	
CHECK-IN SCHWIMMEN	11:40 - 11:55	CHECK-IN SWIMMING	
CHECK-IN START	11:55	CHECK-IN START	
STARTZEIT	12:00	START TIME	

TEAM		TEAM	
CHECK-IN SCHWIMMEN	11:55 - 12:00	CHECK-IN SWIMMING	
CHECK-IN START	12:00	CHECK-IN START	
STARTZEIT	12:05	START TIME	



GERMANY

CLASSIC | TEAM

TEAMS
Übergabe Transponder
chip handover

Übergang
zum
Schwimmstart

EINSCHWIMMEN

Schwimmstart

TEAMS

Beachvolleyball

XTERRA
CLASSIC
Reduced
TEAM

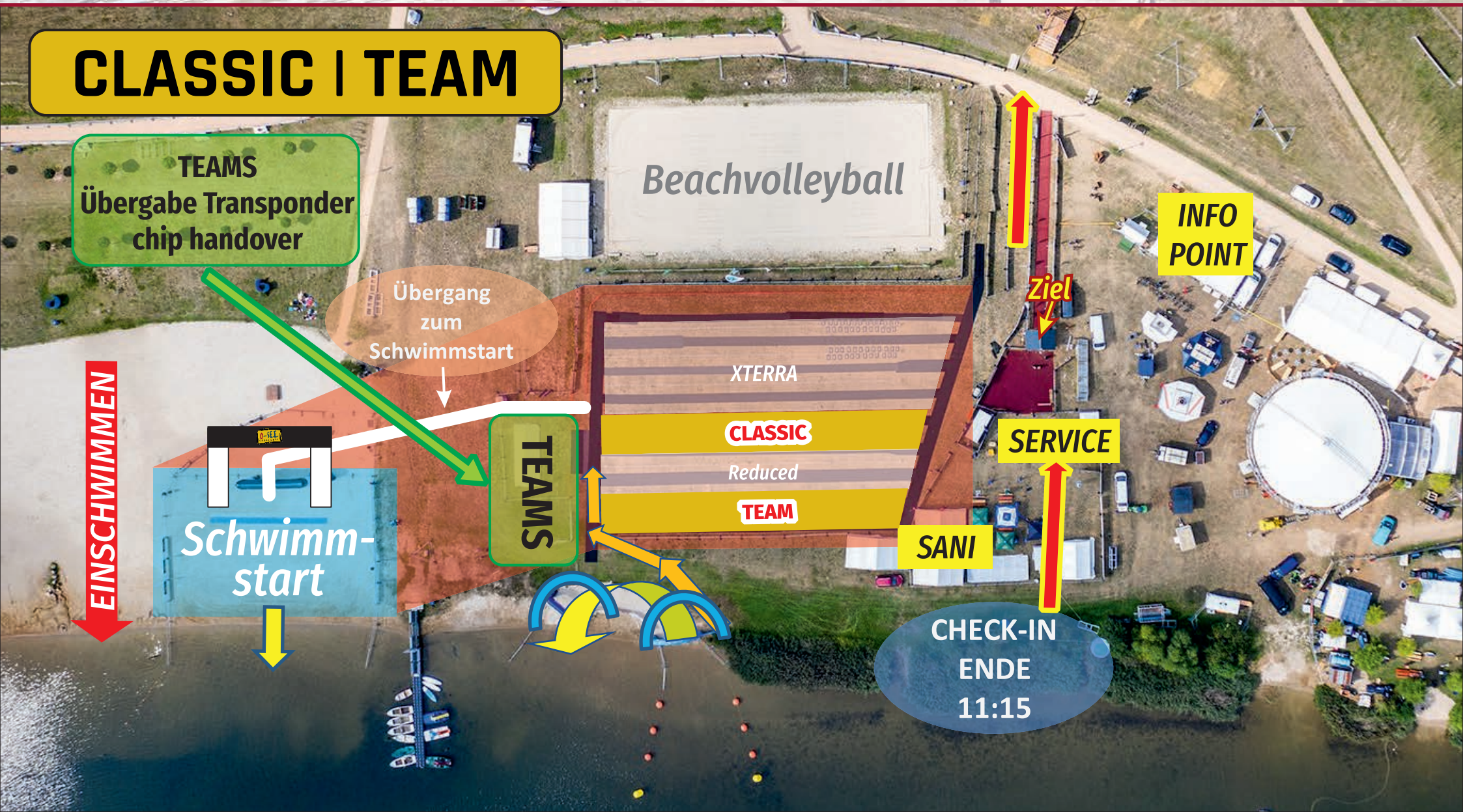
Ziel

INFO POINT

SERVICE

SANI

CHECK-IN
ENDE
11:15





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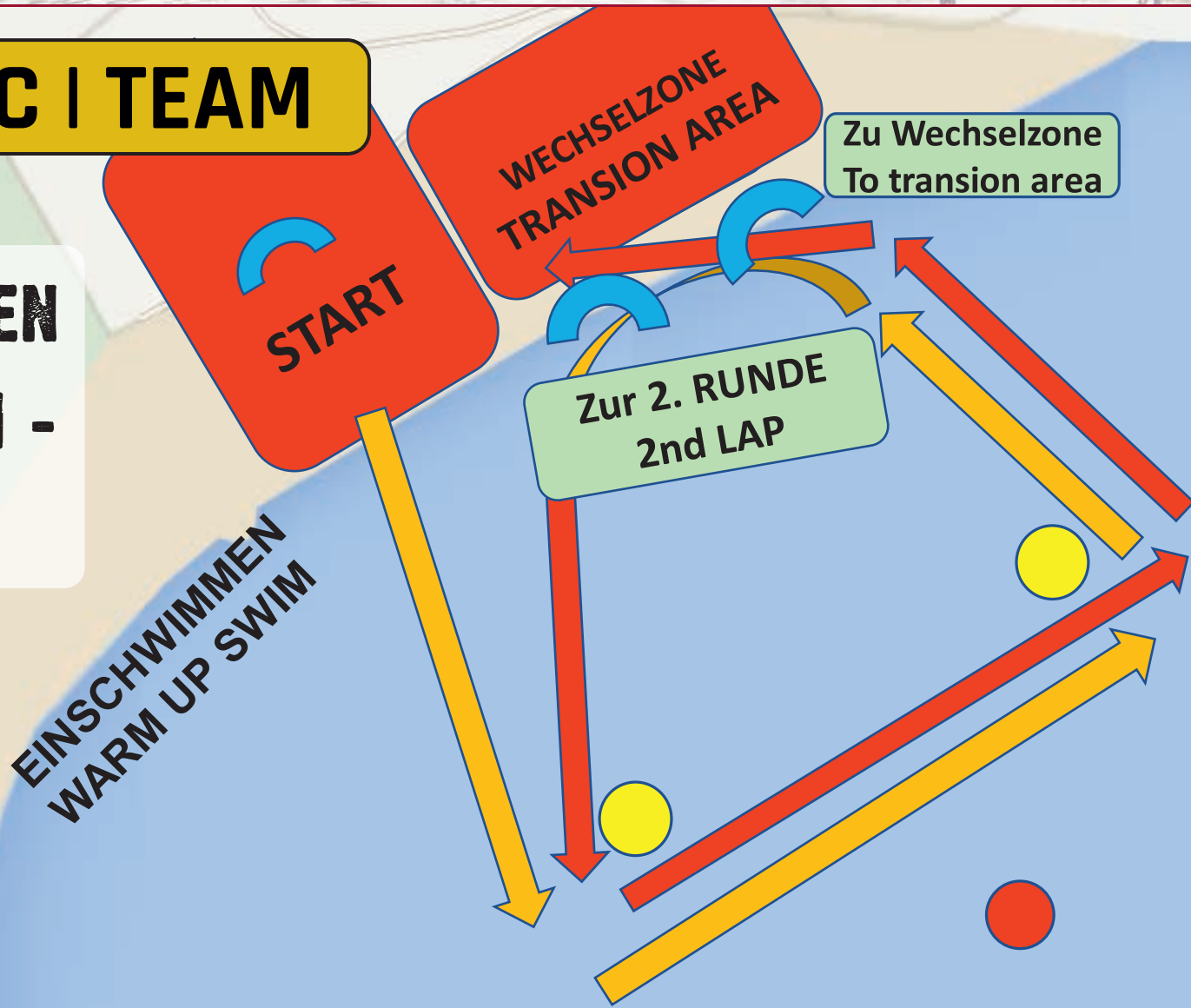
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GERMANY

CLASSIC | TEAM

SCHWIMMEN
- 2x 550M -
= 1,1KM



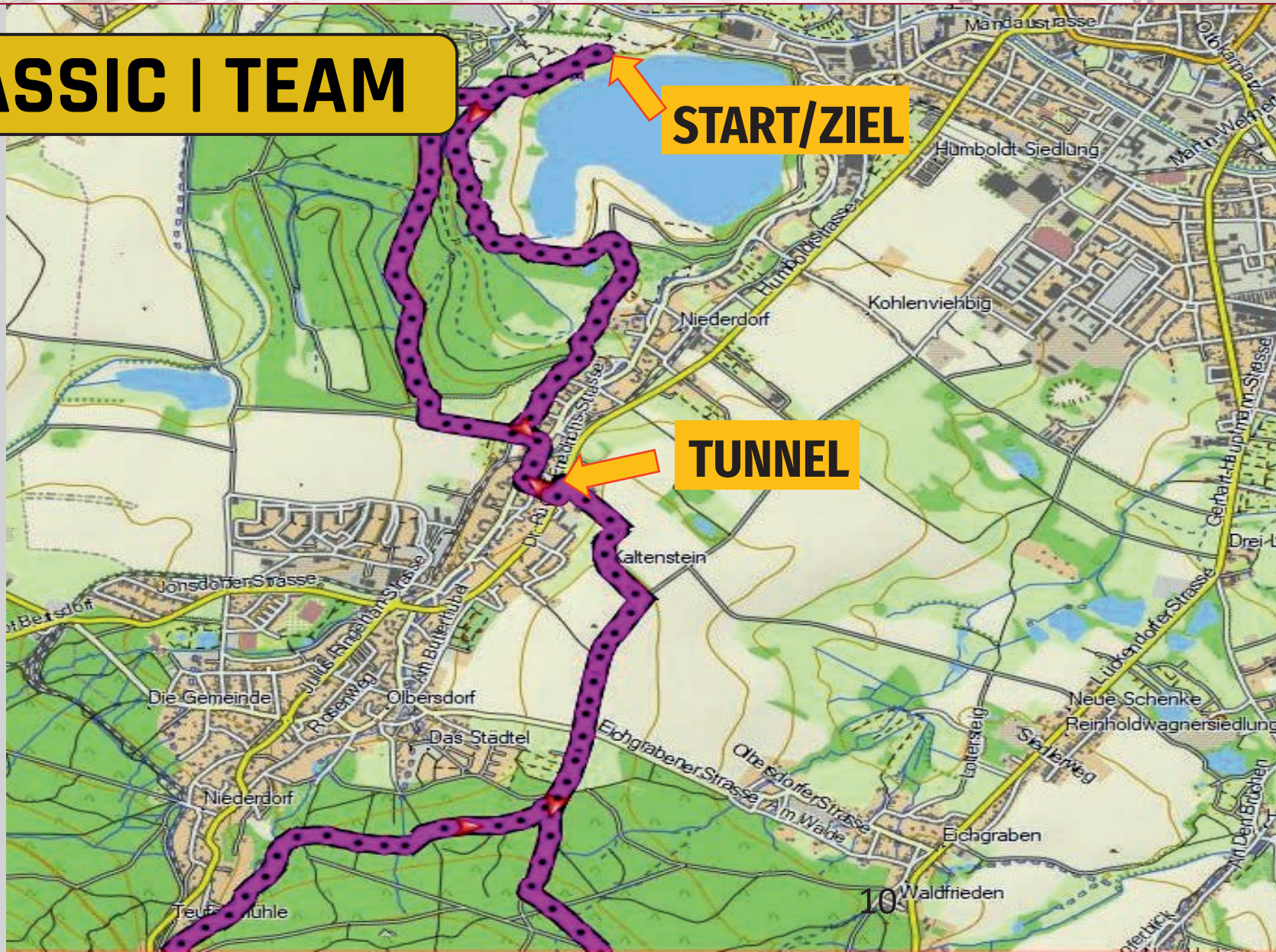


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CLASSIC | TEAM



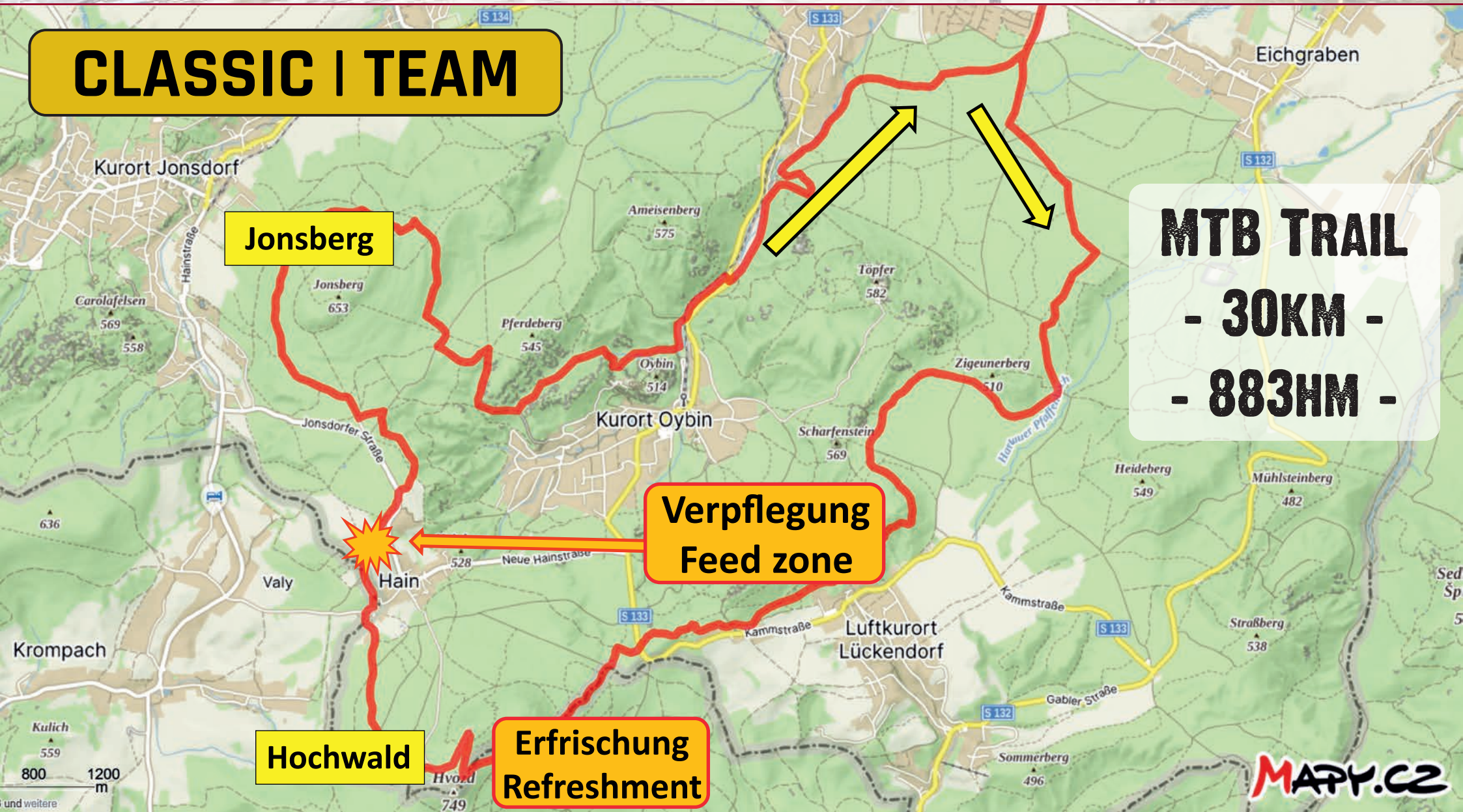
START/ZIEL

TUNNEL



GERMANY

CLASSIC | TEAM



Jonsberg

MTB TRAIL
- 30KM -
- 883HM -

Verpflegung
Feed zone

Hochwald

Erfrischung
Refreshment





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CROSSTRIATHLON



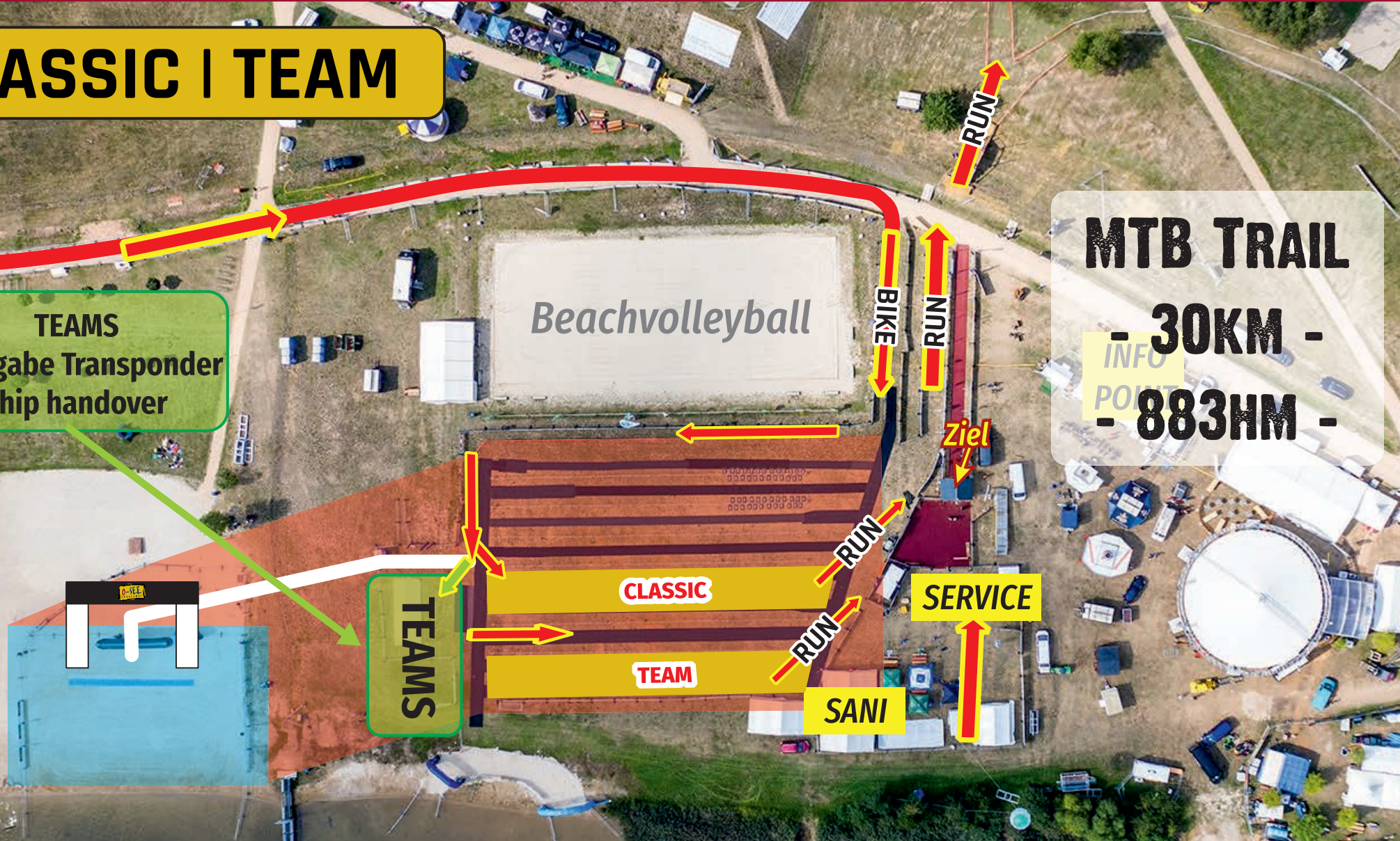
GERMANY

CLASSIC | TEAM

TEAMS
Übergabe Transponder chip handover

Beachvolleyball

MTB TRAIL
- 30KM -
- 883HM -





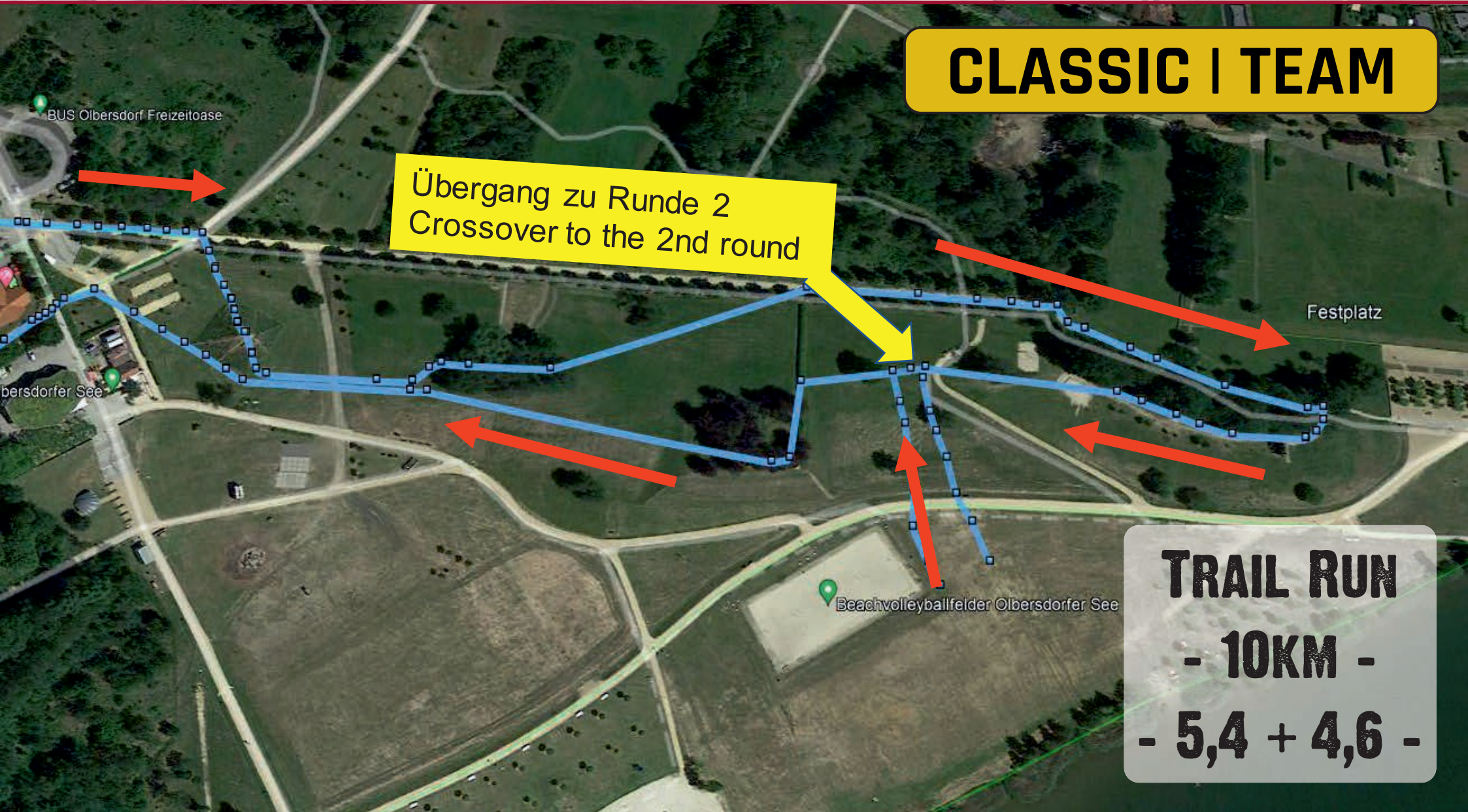
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2023
CROSSTRIATHLON



GERMANY

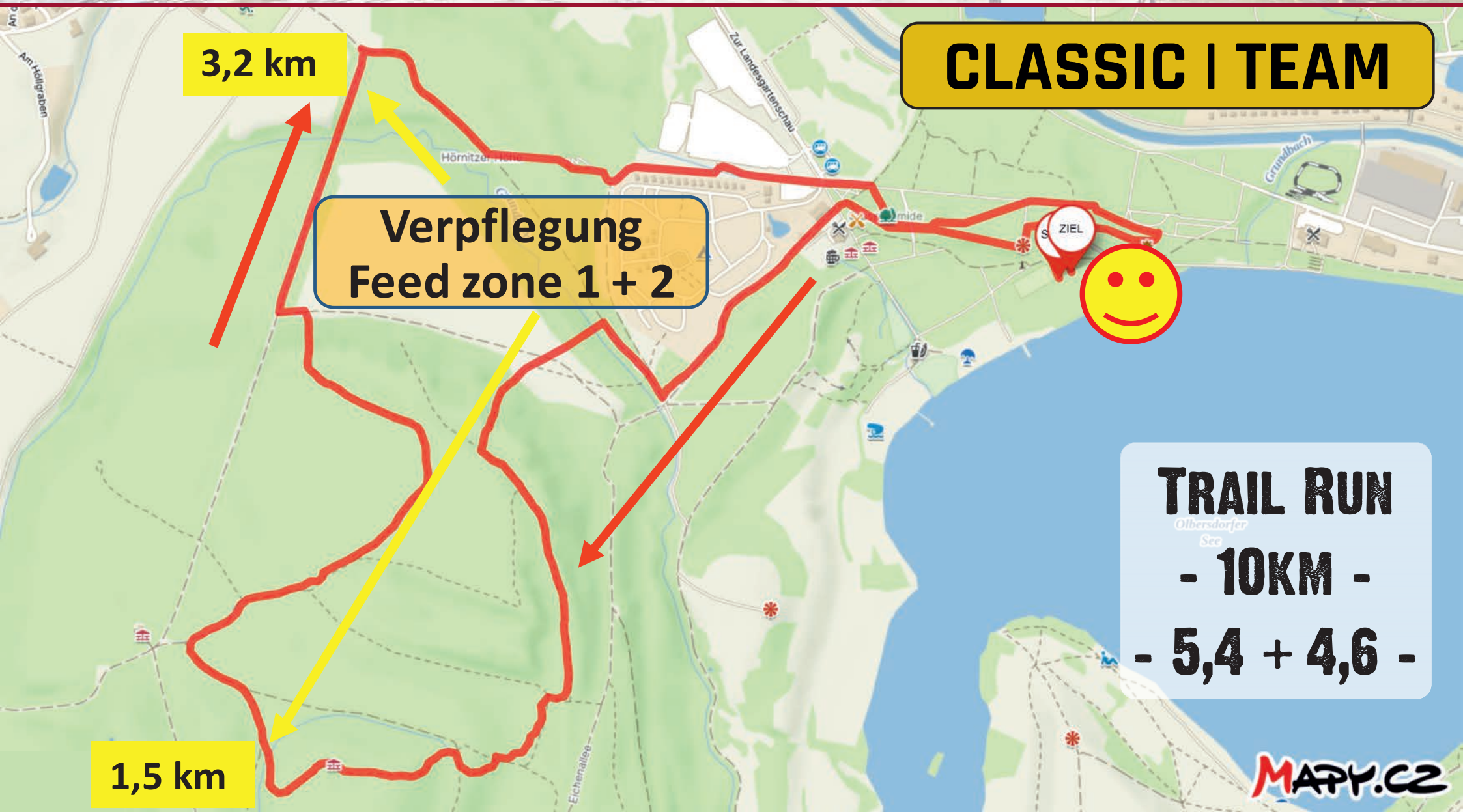
CLASSIC | TEAM



TRAIL RUN
- 10KM -
- 5,4 + 4,6 -



GERMANY



CLASSIC | TEAM

TRAIL RUN
Obersdorfer See
- 10KM -
- 5,4 + 4,6 -

1,5 km

3,2 km

**Verpflegung
Feed zone 1 + 2**





GERMANY

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 TIME	

REDUCED FRAUEN / TEAM		REDUCED WOMEN / TEAM	
CHECK-IN START	12:25	CHECK-IN START	
STARTZEIT	12:28	START TIME	



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GERMANY

REDUCED | TEAM

Beachvolleyball

Übergang zum Schwimmstart

EINSCHWIMMEN

Schwimmstart

XTERRA
CLASSIC
Reduced
TEAM

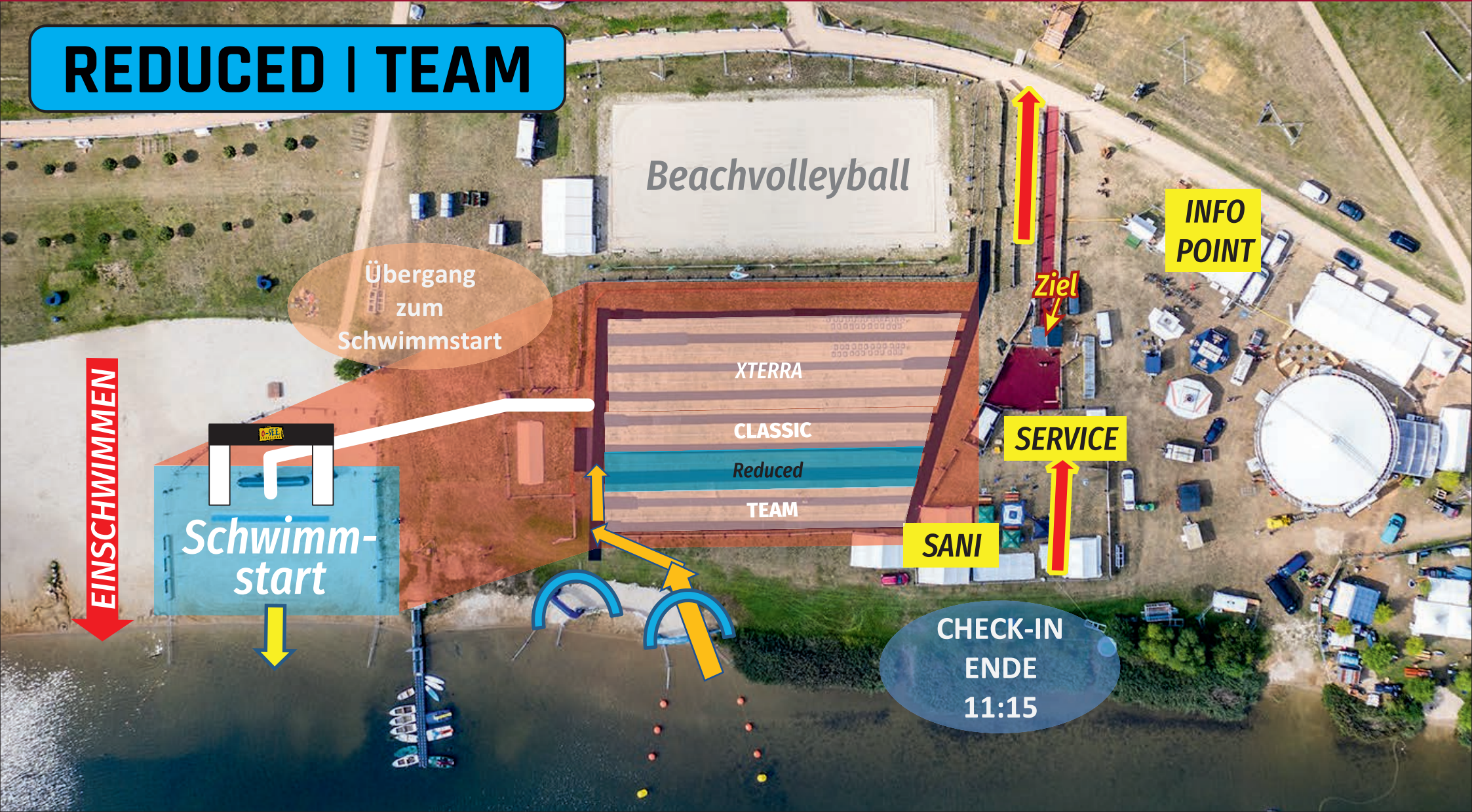
SERVICE

SANI

INFO POINT

Ziel

CHECK-IN ENDE 11:15





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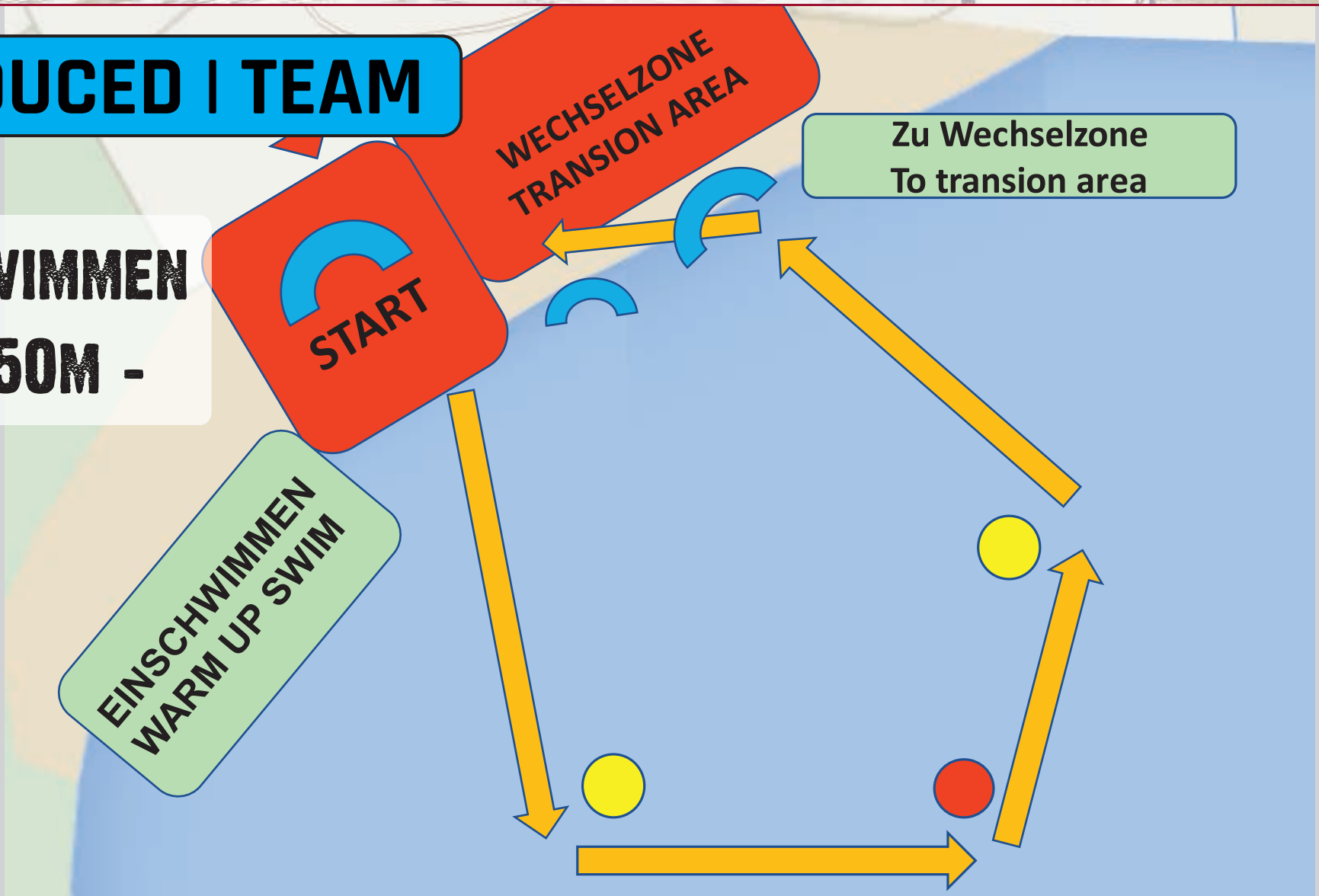
REDUCED | TEAM

SCHWIMMEN
- 750M -

EINSCHWIMMEN
WARM UP SWIM



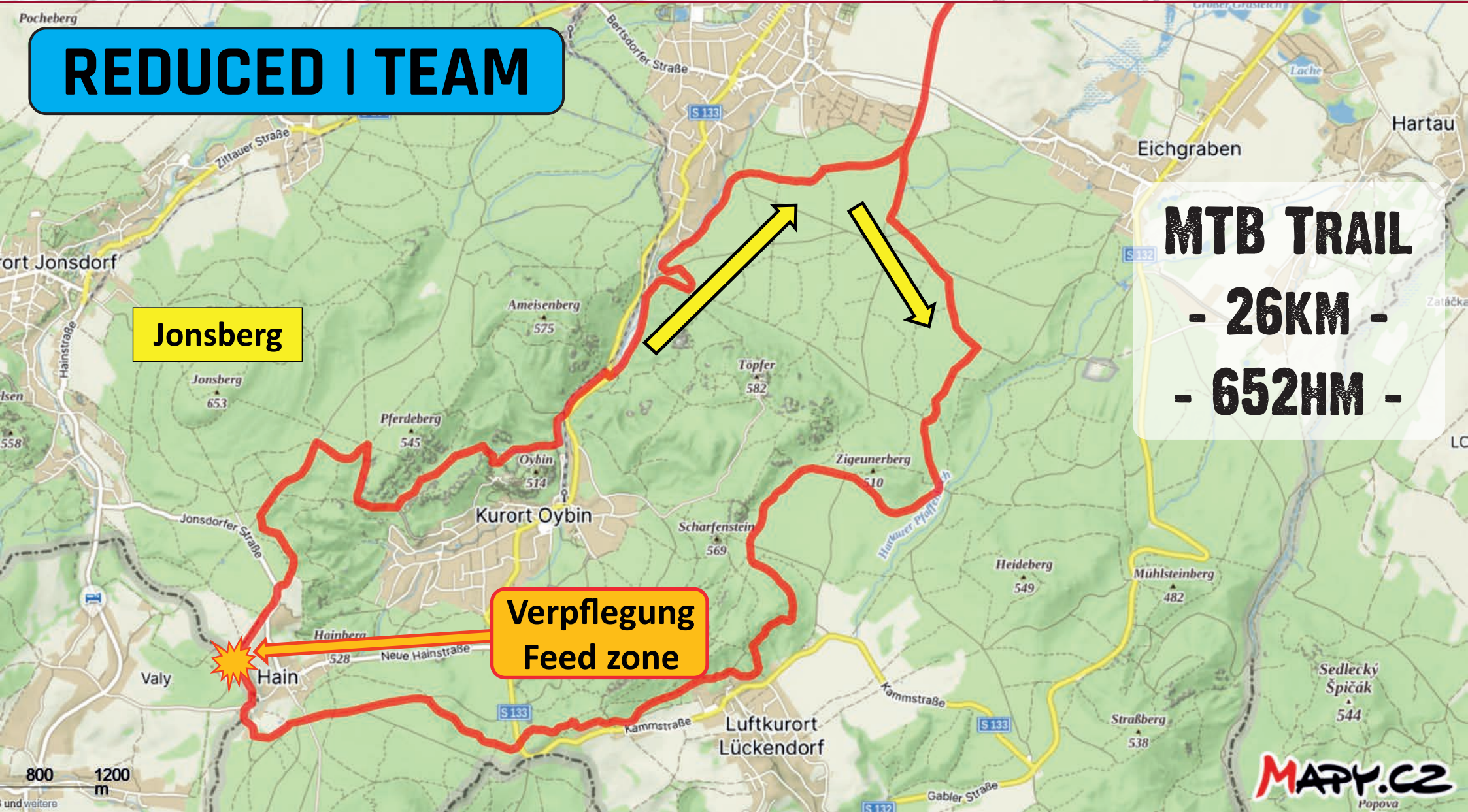
Zu Wechselzone
To transion area





GERMANY

REDUCED | TEAM



MTB TRAIL
- 26KM -
- 652HM -

Jonsberg

**Verpflegung
Feed zone**





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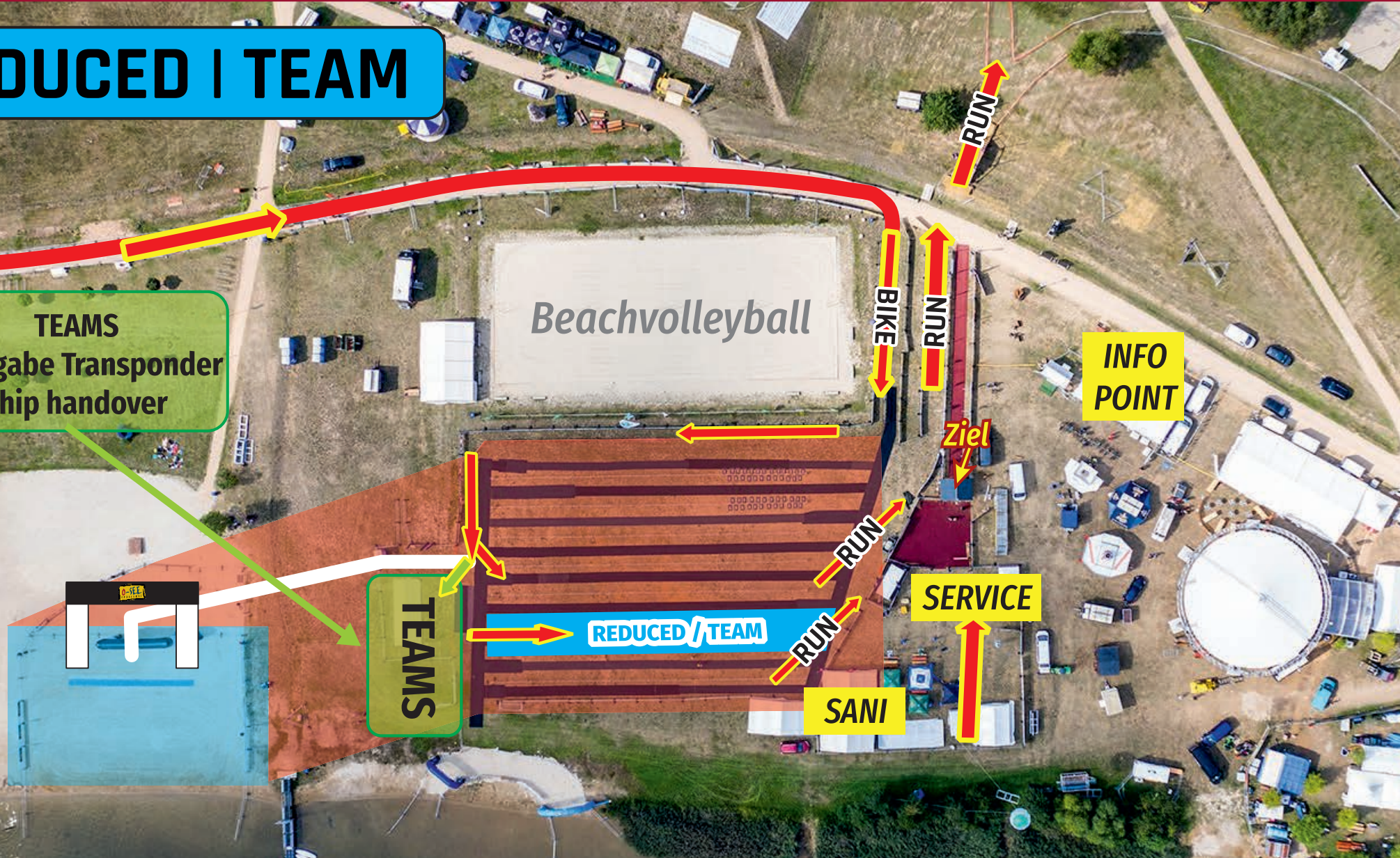
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GERMANY

REDUCED | TEAM

TEAMS
Übergabe Transponder
chip handover



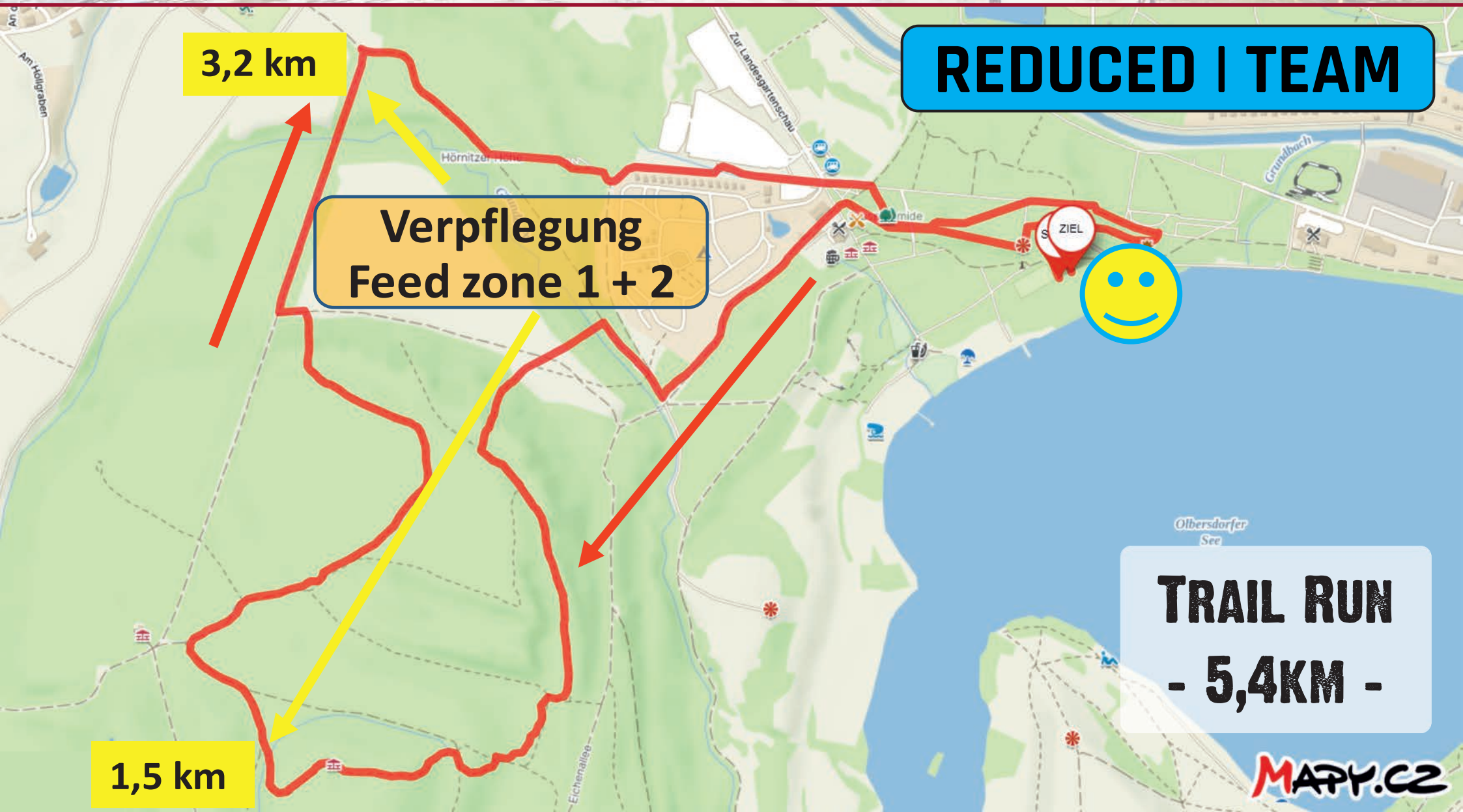


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DEUTSCHE MEISTERSCHAFTEN
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CROSSTRIATHLON



GERMANY



REDUCED | TEAM

TRAIL RUN
- 5,4KM -

1,5 km

3,2 km

**Verpflegung
Feed zone 1 + 2**





GERMANY



Viel Erfolg!
Good luck!

