

**TRIATHLON JEKLENIH STEELMEN BOHINJ****EUROPEAN CHAMPIONSHIP MIDDLE QUADRATHLON****Distance**

1700m Swim – 8k Kayak – 16 k Mountain bike cycle – 10k run

Organizer

- Tourist association Bohinj
- Jure Sodja
- Juresodja.events@gmail.com
- +386 40 572 611
- www.triatlon-bohinj.si

**Race location**

- Bohinj Lake – Ribčev laz 48, 4265 Bohinjsko jezero, Slovenia
- Pokljuka, Biathlon stadium

Categories

- Solo (Age Groups after WQF Rules)
- Awards for 1st, 2nd, 3rd place of total men/women, relay and each age group men/women

Results/Starting lists

- Starting list: www.triatlon-bohinj.si
- Results after the race: www.triatlon-bohinj.si

Timetable

- Pick up Race Numbers:
Friday 30th : 17:00 – 19.00 Tourist office Ribčev laz
Saturday 31th : 6.30 – 8.30 Pod Skalco event area
- Race Briefing (in English): 07.45 Pod Skalco event Area (31.8.2023)
- Race Start: 09:00 Bohinj Lake – Ribcev Laz
- Ceremony: 17:00 Pokljuka Biathlon stadium

Maps

- Swim: Start in the water (in a buoy line), 1 round counterclockwise (Bohinj Lake – Ribcev Laz) to the swim change point
- Kayak: 1 round of 8k (Bohinj Lake – Ribcev Laz) to the kayak change point
- MTB Cycle: 1 way up 16k (From Bohinj Lake to Pokljuka Biathlon stadium UPHILL!!)
- Run: from Pokljuka Biathlon stadium and back, 2 rounds of 5k - flat

https://www.triatlon-bohinj.si/en/predstavitev_trasa.php

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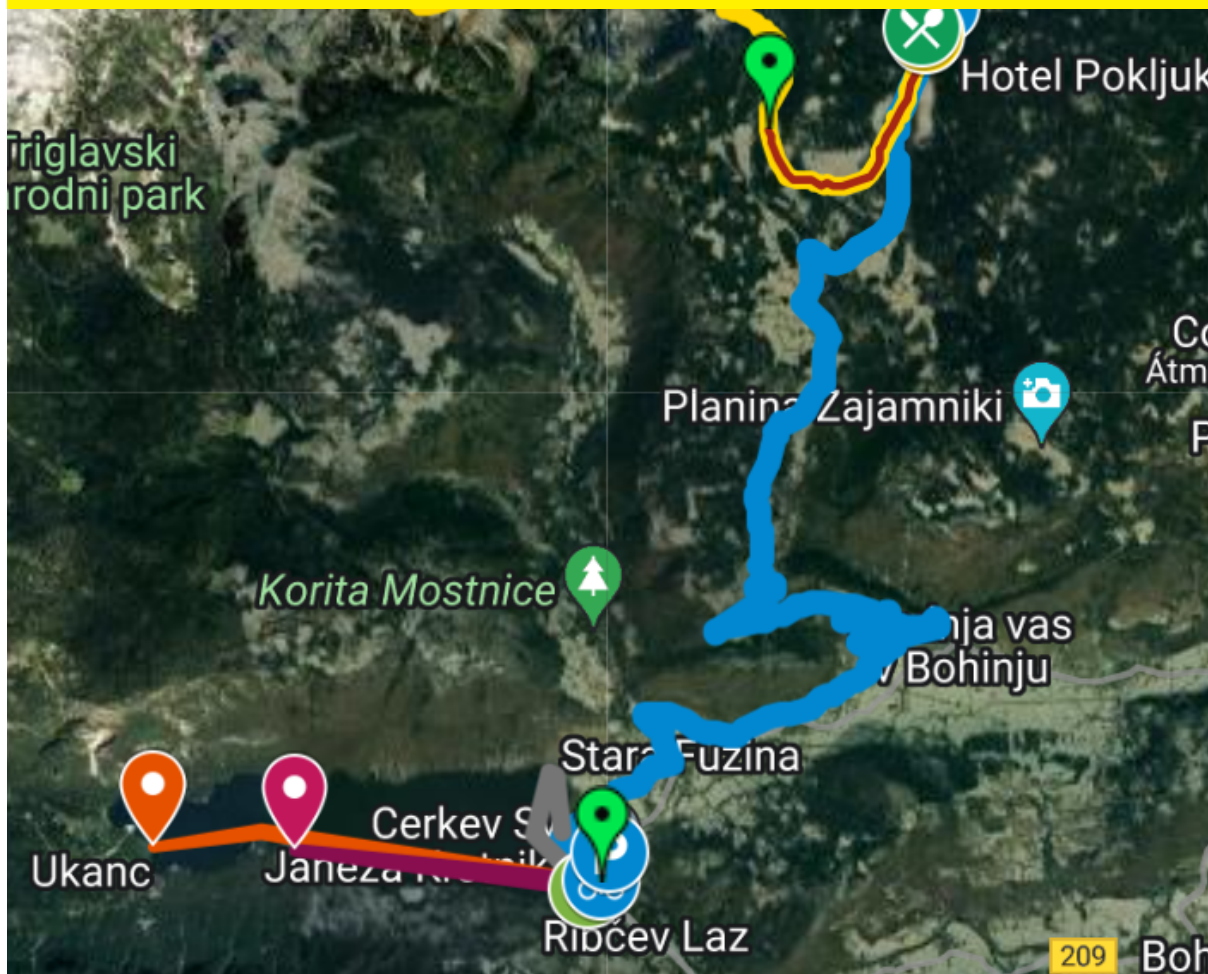
POWERED BY: TOSIDOS

31 August 2024

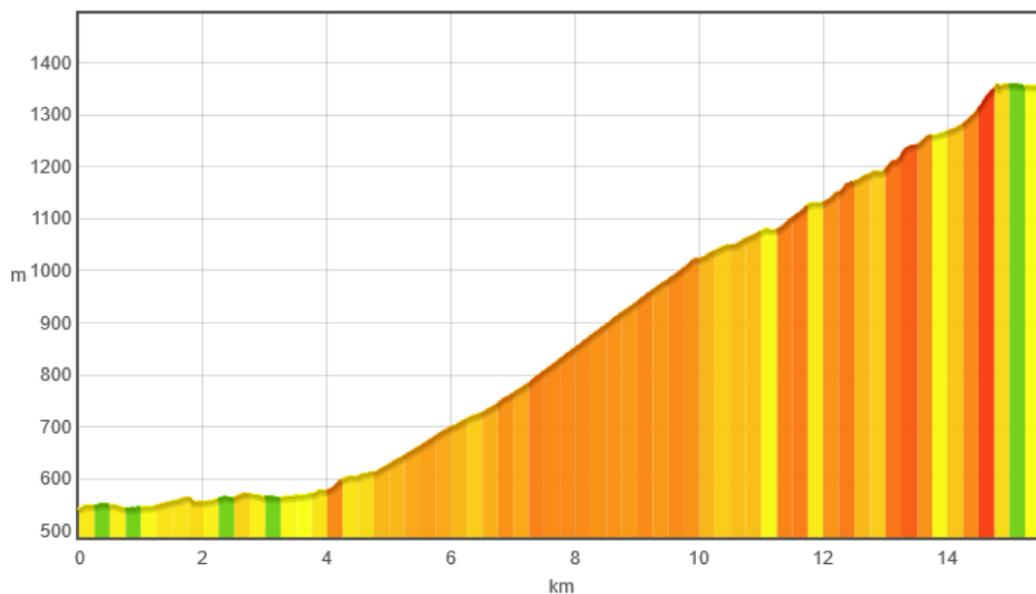


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MTB cycling profile





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Refreshment

- Swim/Kayak/Bike change
- Bike/Run change

Rules

- The race is under the rules of the WQF: <https://www.quadrathlon-online.de/wqf/WQF-Sport-Order.pdf>
- Abstract:
 - o No-drafting at the bike
 - o Helmet must close at the bike
 - o No race-number under the wetsuit
 - o Not to throw anything away

Accommodations

There is a Tourist office in Bohinj, that will help out with accommodations. Please contact us early if you need an accommodation: juresodja.events@gmail.com

Others

- Time measurement means transponder, at hands
- After the race/ceremony you can come back to the Bohinj lake (start area) by your mountain bike (Downhill)

Contact:

JURE SODJA

CHIEF OF RACE

[Juresodja.events@gmail.com](mailto:juresodja.events@gmail.com)

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