

WINTERMAN

CZECH **XTREME** TRIATHLON

RACE MANUAL 2025



NEWDAY.CZ
TEAMBUILDING | EVENT | INCENTIVE

ATEX
WEAR. WORK OUT. WIN.





IMPORTANT INFORMATION



WINTERMAN CZECH XTREME TRIATHLON

SATURDAY 11.10.2025

15:00 MANDATORY RACE BRIEFING
in the same building as registration

SATURDAY 11.10.2025

13:00 TRIAL SWIM T1
in area of T1 under the bridge

SUNDAY 12.10.2025

03:00 -04:30 BIKE CHECK-IN T1 – obligatory for athlete
all mandatory requirements need to be visibly ready for control
04:30 BUS DEPARTURE - on the bridge above T1
05:30 START of the race/ Jakuby see QR below
08:00 END OF MANDATORY LIGHTS - ON
09:00 START OF SPEED VERSION - Winter Harbour Děčín
17:00 MANDATORY HEADLAMP, FLASHING TAPE AND REFLECTIVE STRIPS
22:00 CUT-OFF TIME – RACE CHECK POINT 32 KM -Janův Důl
22:00 CLOSING PEAK SECTION OF JEŠTĚD
24:00 RACE CUT-OFF TIME

MONDAY 13.10.2025

09:00 – 11:00 PICK-UP OF WINTERMAN FINISHER GIFTS
11:00 WINNERS CEREMONY MALEVIL

NAVIGATION TO:

WM SWIM START



T2 MALEVIL



WM FINISH PARKING



Emergency contacts

Dan +420 602 682 313

Michal +420 724 351 499

Vláďa +420 774 700 300

WM MEDICAL HELP - Hynek +420 602 732 543

WM RACE MARSHALL - Honza +420 603 445 369

WM RACE MARSHALL - David +420 737 201 413

**RACE MANUAL TO BE OBLIGATORY
READ WITH YOUR SUPPORT:**

WM RACEMANUAL CZ



OFFICIAL START LIST

**TO DOWNLOAD
ALL GPX COURSES:**

GPX KE STAŽENÍ



IMPORTANT INFORMATION:

GPS TRACKING HERE:

GPS TRACKING

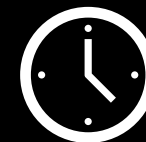


- * NO SUPPORT ZONE: 14 – 30 km (Hřensko – Jetřichovice) In this zone, it is forbidden for support and escort cars to stop and provide any service!
- * Minimum distance between support car and athlete: 100 m.
- * NO DRAFTING – minimum distance between cyclists: 15 m.
- * Mandatory reflective harness on the entire bike course and from 5:00 PM onwards.
- * BIKE – mandatory front and rear lights switched on, red flashing band on the left leg at least until 8:00 and from 5:00 PM onwards, and always in low visibility.
- * RUN – athlete may be accompanied either by max. 2 runners or 1 cyclist. The athlete must always run in front!
- * RELAY – exchange in T1 and T2, on the bike at 3 designated zones, on the run every 10 km.
- * No MP3 players, headphones, or audio devices.
- * Mobile phone for emergency use only.
- * No littering allowed!

KEY RULES:

- * All service along the route, food and assistance is provided by only 1 official support in yellow T-shirt.
- * Entry to T1, T2 – only the athlete and official support (one person!) in a yellow T-shirt.
- * The race takes place in full traffic according to road traffic rules.
- * The organizer does not guarantee free passage.

TIME AGENDA



10.10.2024 - Friday

17:00 – 18:00 REGISTRATION MALEVIL – T2 Heřmanice v Podještědí

11.10.2024 - Saturday

10:00 – 14:00 REGISTRATION DĚČÍN, CITY LIBRARY- INFO CENTRUM

13:00 TRAINING SWIM - T1

15:00 -15:45 CZ MANDATORY RACE BRIEFING, ATHLETES & SUPPORTS

16:00 – 16.45 ENG MANDATORY RACE BRIEFING, ATHLETES & SUPPORTS

12.10.2024 - Sunday

03:00 – 4:30 T1 BIKE CHECK- IN

04:45 BUS DEPARTURE / PARKING ON THE BRIDGE

05:30 SWIM START / JAKUBÝ

05:30 – 06:30 T1 BIKE CHECK – IN SPEED

08:00 MANDATORY SAFETY LIGHTS - OFF

09:00 SWIM START SPEED – ZIMNÍ PŘÍSTAV DĚČÍN

12:30 FIRST ATHLETE IN T2

14:30 WINNER SPEED EXPECTED TIME -

16:00 WINNER EXPECTED TIME

17:00 MANDATORY HEADLIGHT, RED FLASHING ARM BAND - ON

22:00 32KM RUN - CHECK POINT & RACE CUT-OFF TIME

22:00 TOP EXTREME FINISH PART CLOSURE

00:00 FINISH CUT - OFF TIME

*“Your body drives you to the line but only
your mind makes you cross it”*

13.10.2024 MALEVIL T2

08:00 – 12:30 BRUNCH FOR ATHLETES AND SUPPORTS

09:00 – 11:00 FINISHER GIFTS DISTRIBUTION restaur. „AFRIKA“

11:00 CEREMONY AND AWARDS / RESORT MALEVIL

11:30 PHOTO OF FINISHERS AND SUPPORTS

12:00 CHECK - OUT RESORT MALEVIL

1.12.2025

- OFFICIAL RACE MOVIE HIGHLIGHT WM24

- OPENING REGISTRATION OF WM2025

11.10.2026

WINTERMAN XTREME TRIATHLON 2025



WHAT, WHY, HOW TO USE...



1. **WM ID wristband** for the athlete and the support – allows you to entrance the T1, T2, identification of the athlete during the race, entrance for a Monday BRUNCH at Malevil / you can also purchase additional persons for brunch during registration - 300CZK/per extra person.
2. **Bib number/double sided** – reverse side with ID data/ - to identify the athlete, ID, contact and specific health data should be compulsorily listed on the reverse side of the bib number by each athlete in case of any accidents or unexpected situations.
3. **Plastic bag marked with BIB** number sticker is to be used for your personal belongings before start. The bag will be transported and handed over to Support in T1 before the athletes exit the water.
4. **Sticker under the seat post** – stick it around a seat post or around brake cables and fasten both ends together so that the number points backwards.
5. **Helmet sticker** – stick it in the centre of the front part to make it clearly visible.
6. **Black car sticker** „SUPPORT CAR WITH A NUMBER“ stick it at the rear part of the car, to the LEFT side!!!! to make it clearly visible.
7. **White car sticker** „SUPPORT CAR WITH A NUMBER“ stick it at the front windscreen to the passenger’s right top side!!! To make it clearly visible.
8. **Big YELLOW sticker** “POZOR DOPROVODNÉ VOZIDLO” stick it on the rear window of the support car.
9. **Small sticker with the orientation points** and the profile of the bike path, we recommend sticking on the bike frame.
10. **Reflective Strips** are mandatory and must be worn throughout the entire bike course and from 5 p.m.
11. **The waterproof pocket for GPS** with whistle and small flashing light, must be worn on the top of your wetsuit. Place the rubber around your waist and pull it tight, let the free end with the pocket and the whistle float freely on the surface of the water. The whistle is for EMERGENCY when swimming. You will receive everything in the morning, together with GPS and 2 flashing lights! The white flashing light must be switched on and placed under the WM swim cap. The second red flashing light will be in the pocket with the GPS. Flashing lights are used to recognize the triathletes in the dark for organizers, rescuers and the triathletes themselves. **You will receive everything in the morning at BIKE CHECK - IN T1.**
12. **After the SWIM part you are obliged to put GPS tracker into the WM race belt!!!**
13. **Red flashing light arm band:** mandatory to switch on when leaving transition zone T1, band must be in the flashing mode on the left arm or leg /obligatory flashing mode until 8am, from 5p.m. and everytime when reduced visibility, dusk or fog / During run it must be placed on right side.
14. **Printed Race Manual with maps** – SUPPORT is obliged to study the information and respect it. We recommend to keep it in the car during the race.



WHAT DO YOU GET FROM US...?



WHEN YOU REGISTER, YOU WILL RECEIVE:

REFLECTIVE STRAPS

RED FLASHING BIKE AND RUN STRAP DESIGNED FOR THE ARM OR LEG

WM RACE BELT WITH GPS POCKET AND START NUMBER HOLDERS

YELLOW SUPPORT T-SHIRT

STARTING BAG WITH NUMBER, STICKERS

PLASTIC BAG DESIGNED FOR THINGS FROM THE BUS

IN THE MORNING AT T1 AT BIKE CHECK-IN YOU WILL RECEIVE:

WATERPROOF CASE WITH WHISTLE

GPS

1PC OF WHITE FLASHING LIGHT FOR SWIMMING – YOU WILL PLACE IT UNDER A SWIMMING CAP

1PC OF RED FLASHING LIGHT FOR SWIMMING IN WATERPROOF CASE

AT MALEVIL ON MONDAY MORNING YOU WILL RECEIVE:

Finisher gifts and shirt - we will exchange it for the case with the whistle, the WM race belt, the reflective strips.

Original SUPPORT FINISHER shirt - we will exchange it for the support T-shirt.

The finisher medal, WM finisher t-shirt and WM finisher gift will be awarded only to WM finishers, those who make it to the finish line before the deadline.

MADATORY STICKERS

HELMET STICKER



CAR STICKER – WINDSCREEN



CAR STICKER – RARE PART



CAR STICKER – RARESCREEN

**DOPROVODNÉ VOZIDLO
CYKLISTY!!!**



STICKER UNDER THE SEATPOST



IMPORTANT SUPPORT INFO



Support team

is absolutely necessary for the race. Being a Support is enormously responsible task. So it is necessary for all Supports to study this part carefully to be sure that they understand and know everything. We can assure you, that if you go through WM as a Support, you will learn a lot about triathlon and your relationship with your athlete will be much closer than any time before... At the finish line you get the same excitement as your athlete, because during the race you will share exactly the same experience and feelings!

PLEASE READ CAREFULLY!

1. Wearing **Support Neon Yellow Winterman T-shirts** and ID wristband is obligatory for the Support during the race. **Wear it as a top layer of your clothes**, it is necessary for identification by your athlete, organizers and public audience.
2. Without a t-shirt and wristband, you cannot support your athlete, we will not let you enter T1 and T2 nor brunch (only wristband) at MALEVIL /day after the race/. **ONLY OFFICIAL SUPPORT (WEARING WM T-SHIRT) CAN PROVIDE SUPPORT SERVICE.** Violation of the rule means 5 minutes penalty, repetitive violation will result in disqualification!
3. Support car must be marked with three Winterman “Support car” stickers, one on windscreen other two on the rear part of the car.
4. Support can enter T1 from 2:45 until 04:15 am. After that, T1 will be closed until the athletes start to exit the water.
5. BUS to the swim start departures at 4:30 from T1
6. Supports must wait for their athlete near the water exit. Support is the only person to help the athlete in T1.
7. Support is obliged to pack and expedite all athlete’s belongings after the swim leg is finished. Do not forget the black plastic bag with casual wear dropped off at the start. You will not return to this place again. From T1 you will only be allowed to follow the bike course.
8. **14 – 30 km NO SUPPORT ZONE.** STOP the car for any other than emergency reason is PROHIBITED in this zone, it is not possible to provide any service here. The beginning of the zone - end of Hřensko village | End of the zone – Jetřichovice village.
9. **67 – 81km NO SUPPORT ZONE.** STOP the car for any other than emergency reason is PROHIBITED in this zone. It is not possible to provide any service here. The beginning of the zone is at the top of the climb behind the village of Studený, it leads through the villages of Chřibská, Doubice, Kyjov, Krásný Buk. The end of the zone is in the village of Krásný Buk.
10. The whole race runs in full traffic - it is absolutely necessary to obey traffic rules.
11. Winterman support cars are not excluded from the traffic rules and do not have any priority over others.
12. Support is not allowed to stop the traffic in order to help the athlete.
13. The entire bike course is hilly, windy, slippery and demanding in terms of orientation and direction. Navigation is responsibility of the Support
14. For the athlete’s comfort there will be WM volunteers along the route. They have no right to stop the traffic, they are directory assistance only.
15. Every change of direction and important junction will be marked with WM signs with the arrow.



IMPORTANT SUPPORT INFO



17. It is critical to park correctly and according to the rules to be able to provide support to your athlete in a safe way. UNDER NO CIRCUMSTANCES you must not obstruct or block the traffic by parking your car incorrectly to provide support service.
18. **SUPPORT CARS MUST PARK ALL FOUR WHEELS OFF THE ROAD OR BEHIND A WHITE SIDELINE!** In case of violation of this rule, the athlete will receive a penalty of 5 minutes (in T2, at 32km or at the finish). Repeated violations means disqualification of athlete!
19. There is a spacious car parking in T2. After helping your athlete, you have to take all his/her belongings to the car, you do not leave anything in T2.
20. The marking of the running course is the same as for the bike course /WM arrows on traffic signs/. In trail passages, the athlete cannot be followed by a car.
21. There are several trail sections where you can't drive. Support vehicles drive on a normal road. The first section leads from the T2 around Malevil up to 8th km to Jablonné v Podještědí. The race runs under a busy main road through a underpass /opposite the MOL petrol station/. Athletes run down the main road and behind the gas station join the sidewalk leading to the town of Jablonné v Podj. The next section is directly in Jablonné v Podještědí between 9 - 11 km, the route leads around the pond under the Lemberk castle. Support cars go to the village of Lvová (there are railway crossings along the way) directly under the Lemberk castle where you can meet your athlete again with your.
22. Athletes DO NOT cross any railway crossings on the run course, but support has to cross several of them. It is strictly forbidden to go on the red traffic lights, cross the railway crossing when the warning signal is on. If any of support teams violate this rule, the athlete will be immediately disqualified.
23. It is mandatory to have a red flashing arm band on his right arm or leg and a headlamp on for every athlete and Support who runs in twilight, darkness, rain, fog and after 5 pm.
24. **SUPPORT MUST COMPULSORILY COMPLETE THE FINAL PART OF THE RUN COURSE** over the top of Ještěd to the finish line with the athlete!
25. The top trail part will be closed and the course will be shortened to the finish on the tarmac road after 10 PM or upon the decision of the race director, provided the weather conditions were extremely harsh or dangerous. The athlete must always be accompanied by support from 41km to the finish.
26. In the finish line, there is a hot soup, hot and cold drinks including beer available for the athletes and Supports.
27. Parking at the finish line is free of charge for support cars, for others it costs CZK 200 - cash only!
28. The drive from the finish line to T2 to Malevil takes about 45 minutes.

SWIM



1. Wetsuit is obligatory, you will not be allowed to start the race without a wetsuit.
2. Swimming socks and neoprene caps are highly recommended.
3. Neoprene gloves are not allowed. They will be allowed to use only based on the health exception previously consulted and approved by the organizer.
4. Athlete is obliged to swim with a waterproof pocket /incl. GPS tracker and small flashing red light in a flashing mode/ placed around his waist and white flashing light under the WM swim cap.
5. The waterproof pocket contains a GPS tracker, small flashing light inside and emergency whistle fixed on the rubber strap.
6. It is allowed to have more than one wetsuit.
7. Swimming equipment such as flippers, snorkel, cork-jackets are forbidden.
8. It is not allowed to wear a bib number during the swim course.
9. **THE SWIM STARS AT 5:30, BY JUMPING OFF THE PLATFORM!**
10. A fleet of kayakers and motorboats will accompany and oversee the athletes during the swim. In case of emergency or need of assistance, blow the whistle you carry with you around the waste.
11. **ATTENTION! FINAL PART OF SWIM BEFORE THE FIRST BRIDGE - EXTREMELY STRONG AND FAST CURRENT WITH SEVERAL BUOYS!**
12. Every athlete must show his/her number written on his/her hand to an organizer, when exiting water. It is necessary for the proper identification for your Support.
13. **Supports have free entry to T1 until 4:40 am. After this time T1 will be closed. Support will enter T1 again together with his/her athlete when he/she exits the water.**
14. Support or athlete must put the GPS tracker into a pocket of WM race belt, in T1, before exiting it to continue the race.
15. Athletes and Supports are responsible for all their belongings in T1. After 7:30am the T1 will be dismantled and you will not return to this place again. Organizers are not taking any responsibility for any belongings left in T1 after 7:30am, however they might still return to the owner through losts/founds.
16. Support is obliged to pick up the athlete's belongings from the swim start (black plastic bag marked with BIB number).



BIKE



1. Athlete is obliged to ride on the right side of the road, respect traffic regulations and follow the route marked by WM arrows. Athlete is obliged to take extra care especially when crossing a railway and junctions with STOP signs
2. It is strictly forbidden not to stop on red traffic light or cross the railway when the warning signal is on. Violation of this rule results in immediate disqualification.
3. Athletes have no priority over other traffic participants.
4. Athletes are obliged to place their WM race belt with GPS tracker visibly on their back.
5. Reverse side of the BIB number contains ID and contact data – fill them.
6. It is compulsory to have a front and rear lights on bike (will be checked during bike check-in & check out from T1).
7. The athlete is obliged to wear reflective strips or a full-reflective vest for the entire bike course.
8. When exiting T1, an athlete is obliged to have the front and rear lights on, the red flashing arm band on the left leg / arm and wear reflective strips.
9. The athlete is obliged to use all the lights until 8:00 am. In case of reduced visibility the lights must be on all the time.
10. We strongly recommend to use strong front lamp during bike course – first 60minutes will be dark!
11. Bikes of all athletes must be marked with a BIB sticker under the seat post.
12. Helmets must be marked with a BIB number sticker in front.
13. Helmets must be securely fastened all time when athletes are in possession of the bike.
14. It is allowed to change wheels only in case of a mechanical problem, the whole bike (bike frame) cannot be changed.
15. It is strictly forbidden to use headphones, a mobile phone, MP3 or any audio device, use a mobile phone only in case of danger to life | emergency call: 155 or 112.
16. **A minimal distance between a support car and an athlete is 100m.** Support must not drive right in front or right behind an athlete for his own safety!
17. Athlete is not allowed to receive any support from a moving car, including dropping off equipment.
18. Athletes are not allowed to sit either in a car or in the trunk.
19. Everyone who wants to be a true WM Finisher obey the drafting rules. **MINIMAL DISTANCE ALLOWED BETWEEN ATHLETES IS 15M.**
20. It is allowed to ride side by side when riding up the hill.
21. Littering is strictly forbidden – during all race! ! First violation of the rule means a warning, repetition results in disqualification.

RUN



1. Athlete is obliged to run on the left side of the road, respect traffic regulations and follow the route marked by WM arrows. Athlete is obliged to take extra care especially when crossing the roads and getting over junctions.
2. Athlete is obliged to wear the BIB number on the belt with GPS visibly placed on the body front.
3. Athlete is obliged to wear Reflective Strips and red flashing light arm band on the right arm and a headlamp always in case of reduced visibility (during a fog, darkness and twilight) and after 5pm.
4. It is forbidden to use headphones, a mobile phone, MP3 or any audio device. Use the mobile phone only in case of danger | emergency call: 155 or 112.
5. Support may accompany the athlete on the bike or run with him/her during the run course. There is a limit of 2 runners and one cyclist allowed to follow the athlete. **IN SUCH A CASE THE ATHLETE MUST ALWAYS RUN FIRST!** Support on the bike must respect the traffic rules and ride on the right side of the road behind the athlete. Never bike next to athlete! There is a 5 minute penalty for violation, repeated violation results into disqualification of the athlete!
6. **ONLY OFFICIAL SUPPORT (MARKED WITH A WM T-SHIRT) CAN PROVIDE SUPPORT SERVICE** If the athlete's cycling or running accompaniment is not official support, he/she cannot provide help or support the athlete. There is a 5 minute penalty for violation, repeated violation results into disqualification.
7. Accompanying the athlete on bike is possible only up to 32 km. There is a 5 minute penalty for violation, repeated violation results into disqualification.
8. Athlete is not allowed to receive any support from a moving car.
9. Athlete is not allowed to sit anywhere in the car!
10. It is allowed to carry your own nutrition in a backpack during the run course.
11. **RACE CHECK - POINT ON 32NDKM IN JANŮV DŮL. THE CUT - OFF TIME AT THIS POINT IS 22:00.** Athletes, who do not reach the point before 22:00, will be stopped, their BIB number and GPS will be taken away and they will be asked to end the race.
12. **THE SUPPORT MUST ACCOMPANY THE ATHLETE SIDE BY SIDE FROM 41 KM TO THE FINISH LINE.**
13. The last top trail part over the top of peak Ještěd closes at 22:00, then there will be a run to the finish line on an tarmac road.
14. There will be free hot soup, tea and Czech beer at the finish line for Athletes and Supports.
15. **THE RACE CUT - OFF TIME IS 00:00!**
16. Littering is strictly forbidden – during all race! ! Violence of this rule will cause warning of the organizer. Repeated violence of this rule will mean immediate disqualification.



SIGNS



Bike course runs only on a tarmac roads.

Run course runs on tarmac roads and trail paths (12km apprx.).

- The course is primary marked by an arrow with WM placed on vertical road signs – direction indicator
- Every important and radical change of direction is marked with an arrow with WM / vertical road signs – direction indicator
- Every turn off the main road is marked before the junction with an arrow with WM / vertical road signs – direction indicator
- Every turn off the main road is marked behind the junction with a straight arrow with WM / vertical road signs – direction indicator
- The route is marked along all its length with arrows with WM

Arrow is placed on a “**High road**” road sign

Arrow is always placed on a “**Stop**” road sign

Arrow is always placed on a vertical road signs „**direction indicator left, right or straight**”

Arrow is always placed on a road sign at the „**beginning or end of a municipality**” /name of village or city/

Arrow is placed at the beginning of long sections without a turn

- Very unclear junctions are marked with a red cross over the WM arrow on the wrong exit
- Signs made in **BLUE are only for the SPEED (Short) version of the race.**

RESPECTING TRAFFIC REGULATIONS

1. You race in full traffic and you are a road user.
2. It is absolutely necessary to obey traffic rules.
3. Athlete is not excluded from traffic rules and does not take precedence over the others.
4. Support is not allowed to stop other cars to make it easier for his/her athlete to ride.
5. **Support car must park by all four wheels off the road or off the white side line only!**
6. It is strictly forbidden to go to the red traffic light, cross the railway crossing when the warning signal is on.
7. Violation of the above-mentioned road traffic rules may result in a penalty or disqualification of the competitor!





RELAY INFO



RELAY TYPES:

TEAM 2 – swimmer, cyclist, runner – **combine as you wish**

TEAM 3 – swimmer, cyclist, runner – one athlete per discipline **or combine as you wish**

TEAM 5 – swimmer, **combine as you wish up to 4 cycling legs, up to 4 run legs.**

KEY GROUND RELAY RULES:

- **RELAYS ARE OBLIGED TO OBEY ALL THE RULES APPLICABLE FOR INDIVIDUAL ATHLETES:**
- **ATHLETE, WHO IS IN THE COMPETITION HAS ALWAYS NEED TO WEAR A RACE CHIP AND RACE BIB VISIBLY ON THE BACK DURING BIKE AND FRONT DURING RUN.**
- **ALL SUPPORT DURING THE RACE CAN ONLY BE PROVIDED BY A PERSON IN YELLOWS SUPPORT SHIRT. IT CAN BE DIFFERENT PEOPLE DURING THE RACE? BUT ONLY ONE AT THE TIME.**
- **RELAY MEMBER CHANGES ARE ALLOWED ONLY IN DESIGNATED AREAS ON THE BIKE AND ANYWHERE (OBEYING THE SAFETY RULES) ON THE RUN.**
- **EVEN THOUGH WE KNOW YOU MIGHT NOT BE A EXPERIENCED TRIATHLETE MAKE SURE TO KNOW THE BASIC ETHICS OF THE SPORT BEFORE YOU ENTER THE COMPETITION.**
- There **MUST** be a one person in the **TEAM**, that can always be reached on the provided phone. It can be one of the athletes. It must be the phone number provided during the registration.
- SWIM can only be done by one person. BIKE can be split between 4 persons following the exchange zones as described earlier. RUN can be split between 4 persons following the safety rules.
- Each member of the team can complete as many sections as they wish.
- Team member **CAN** combine a athlete and support role. In such a case it must be announced and contact details provided to the organizers for safety reasons.
- The **RELAY TEAMS** are asked to obey to the provided Exchange zones and try to provide all the support during those stops. We believe it is reasonable demand taking into consideration length of the legs and safety and comfort of the individual athletes.
- It is your responsibility to respect the parking rules for support cars throughout the race.



RELAY INFO



EXCHANGE ZONES:

SWIM:

Single leg without possibility to switch. Change Zone is behind the T1 and will be clearly visible.

BIKE – up to 4 legs

1. leg: 0 – 50(60) km of the course. Exchange zone between 50-60 km.
2. leg: 50 (60) – 81 (100) km. Exchange zone between 81 – 100 km.
3. leg: 81(100) – 140 (152) km. Exchange zone between 140 -152 km.
- 4 leg: 140 – (152) – T2.

RUN – up to 4 legs

Exchange is allowed at any suitable spot as close as possible to 10KM, 20KM, 30KM, 40KM signs.

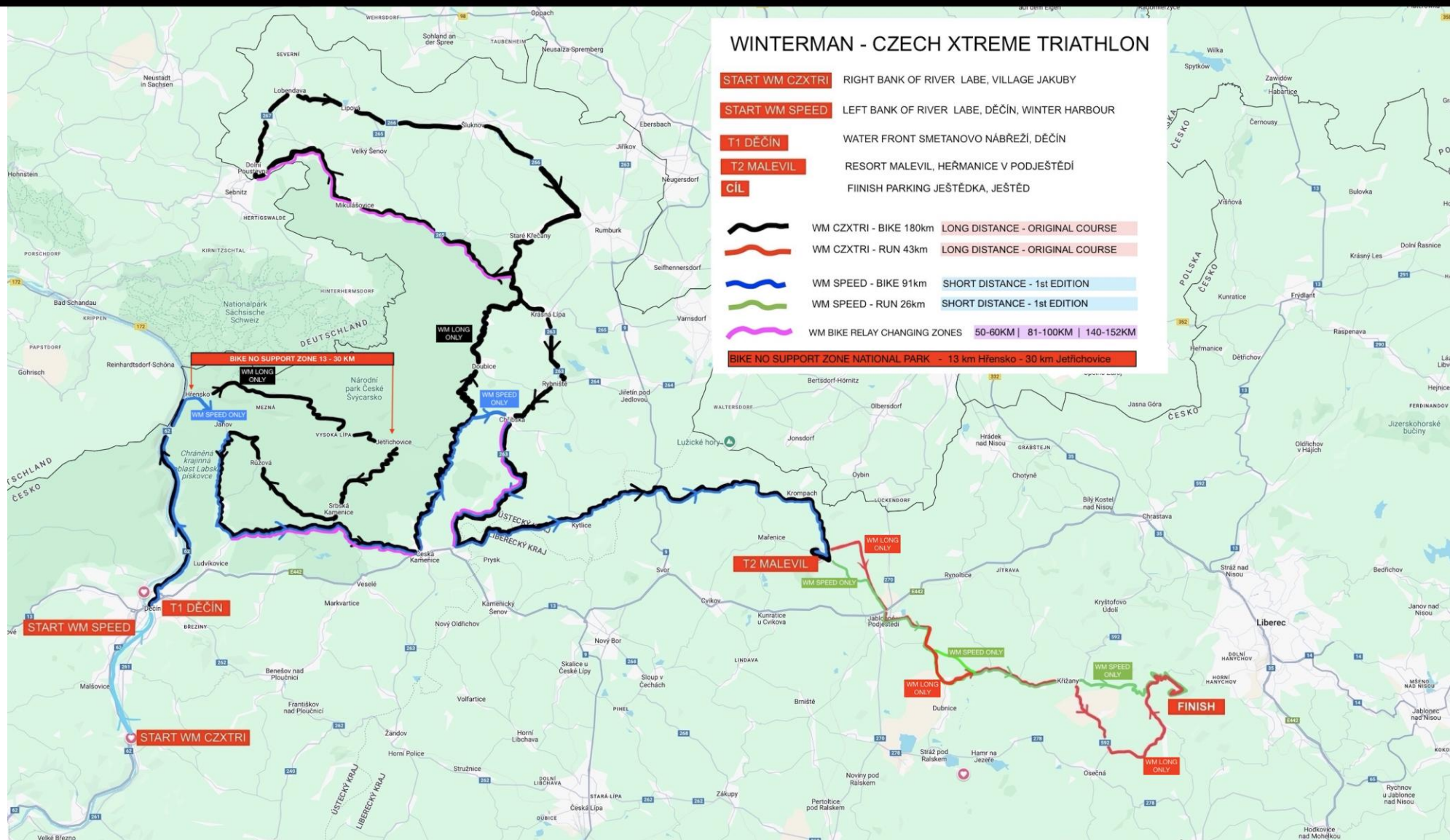
All members of relay are obliged to run the very last section of the course (cca 2 km) together.

FINISHLINE

Finisher medals, WM finisher shirt a WM finisher gift is only for the relays that will finish the full race within the time limit.
All gifts are handed over on Monday during the ceremony at Malevil Resort.



MAP WINTER FULL/SPEED/RELAY





RELAY ZONES - BIKE



**WINTERMAN
BIKE**
ŠTAFETY / RELAYS

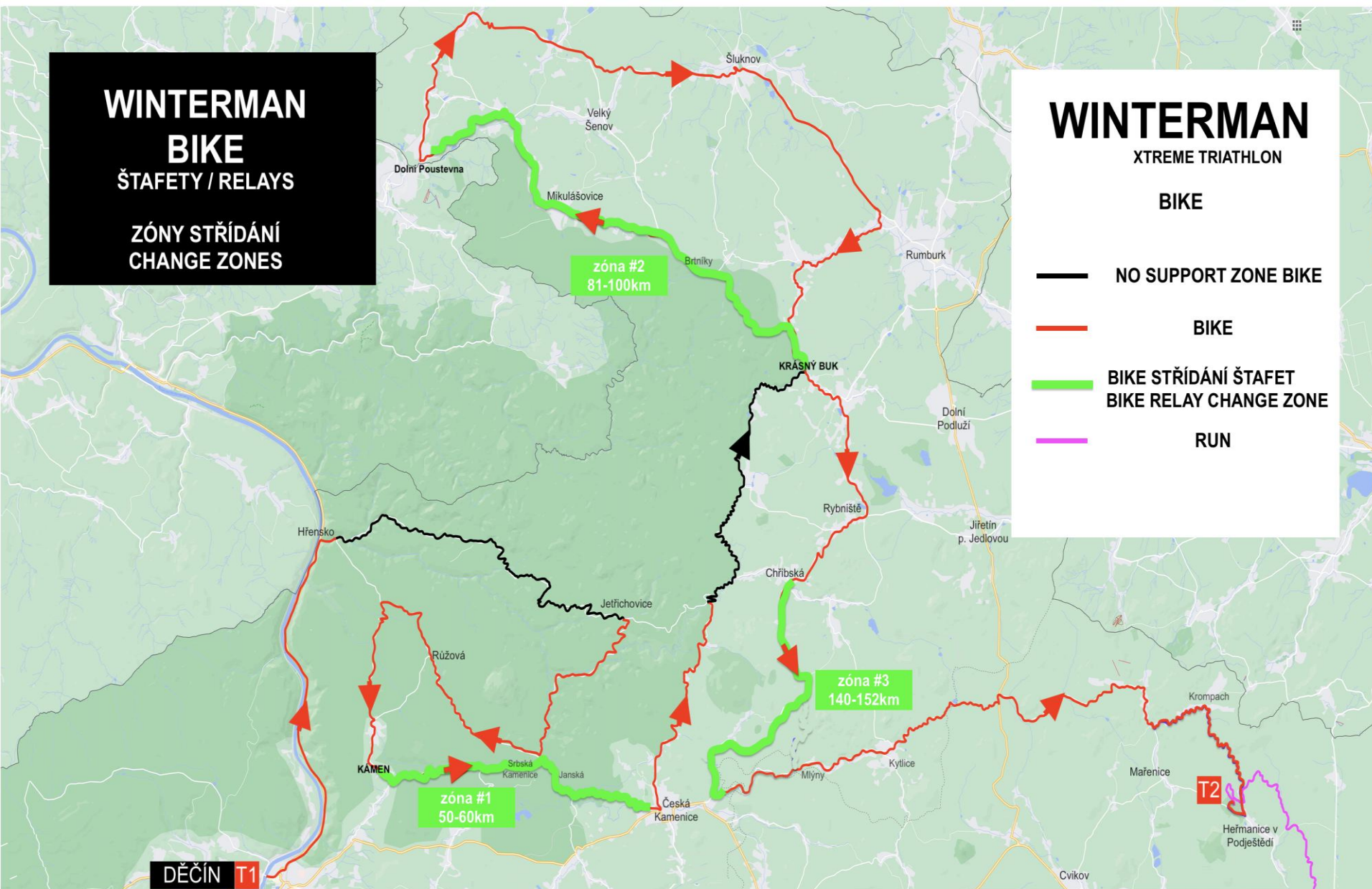
ZÓNY STŘÍDÁNÍ
CHANGE ZONES

WINTERMAN

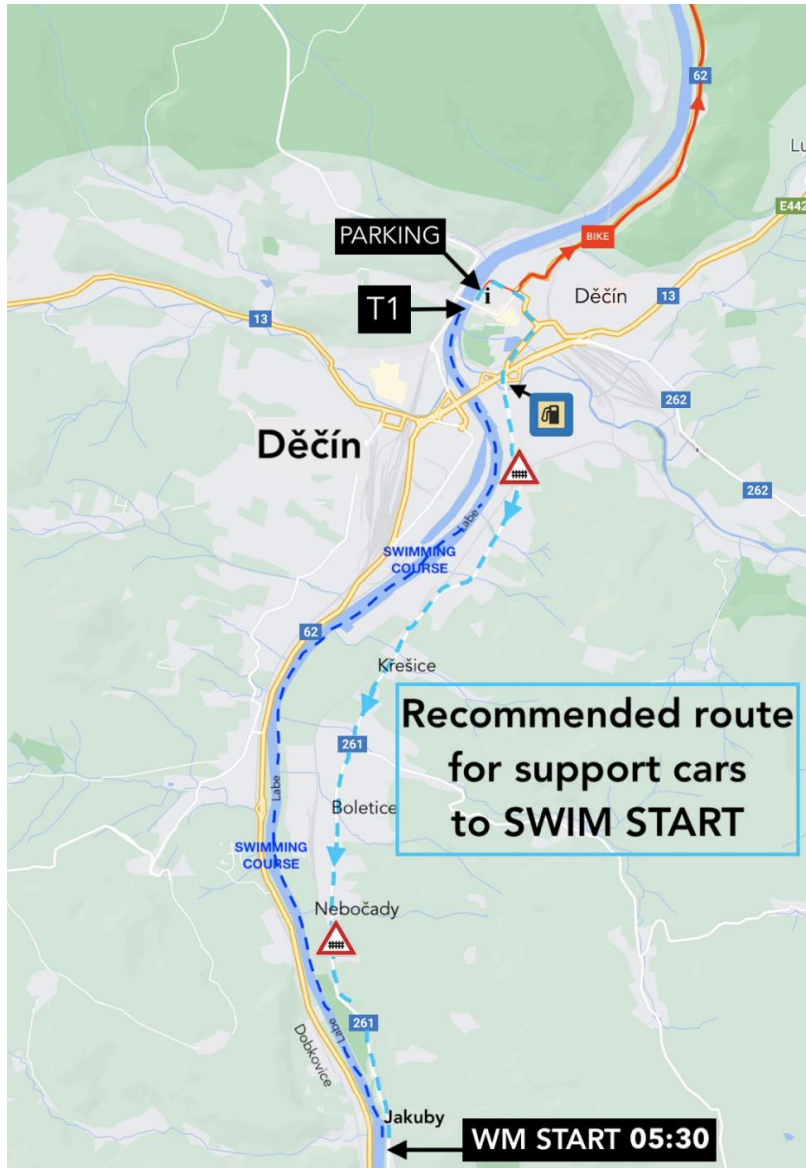
XTREME TRIATHLON

BIKE

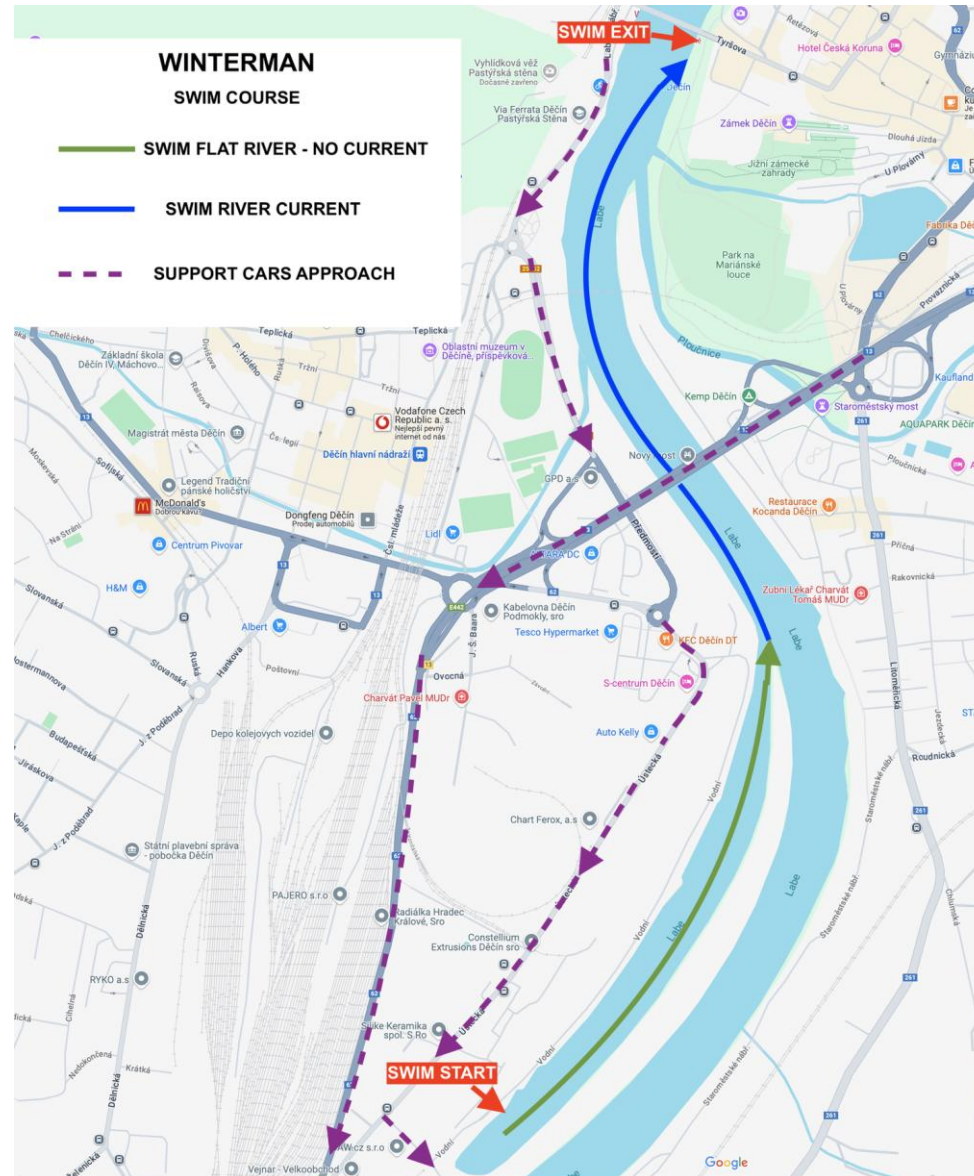
- NO SUPPORT ZONE BIKE
- BIKE
- BIKE STŘÍDÁNÍ ŠTAFET
BIKE RELAY CHANGE ZONE
- RUN



MAP SWIM FULL

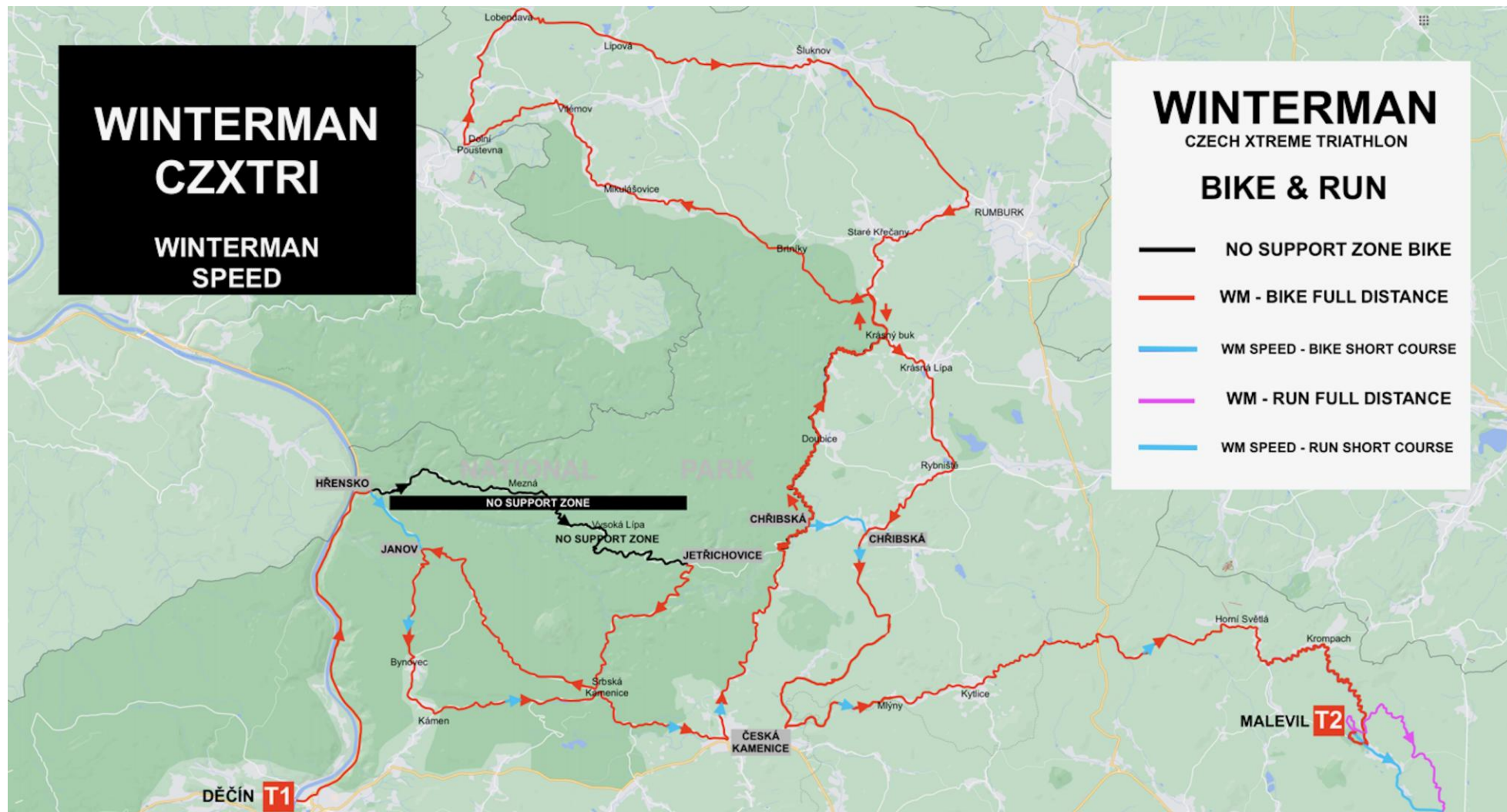


MAP SWIM SPEED



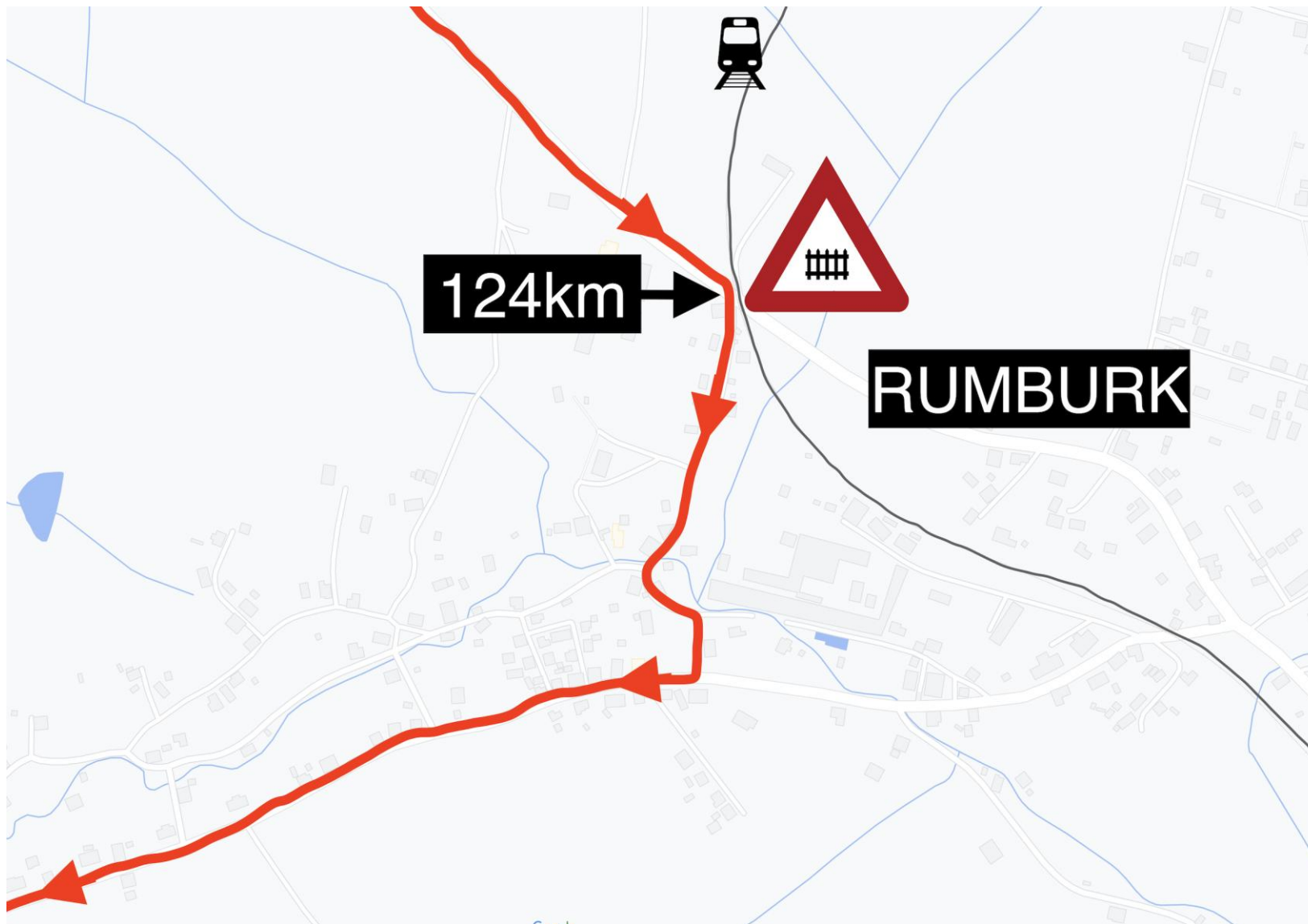


MAP WINTERMAN FULL BIKE



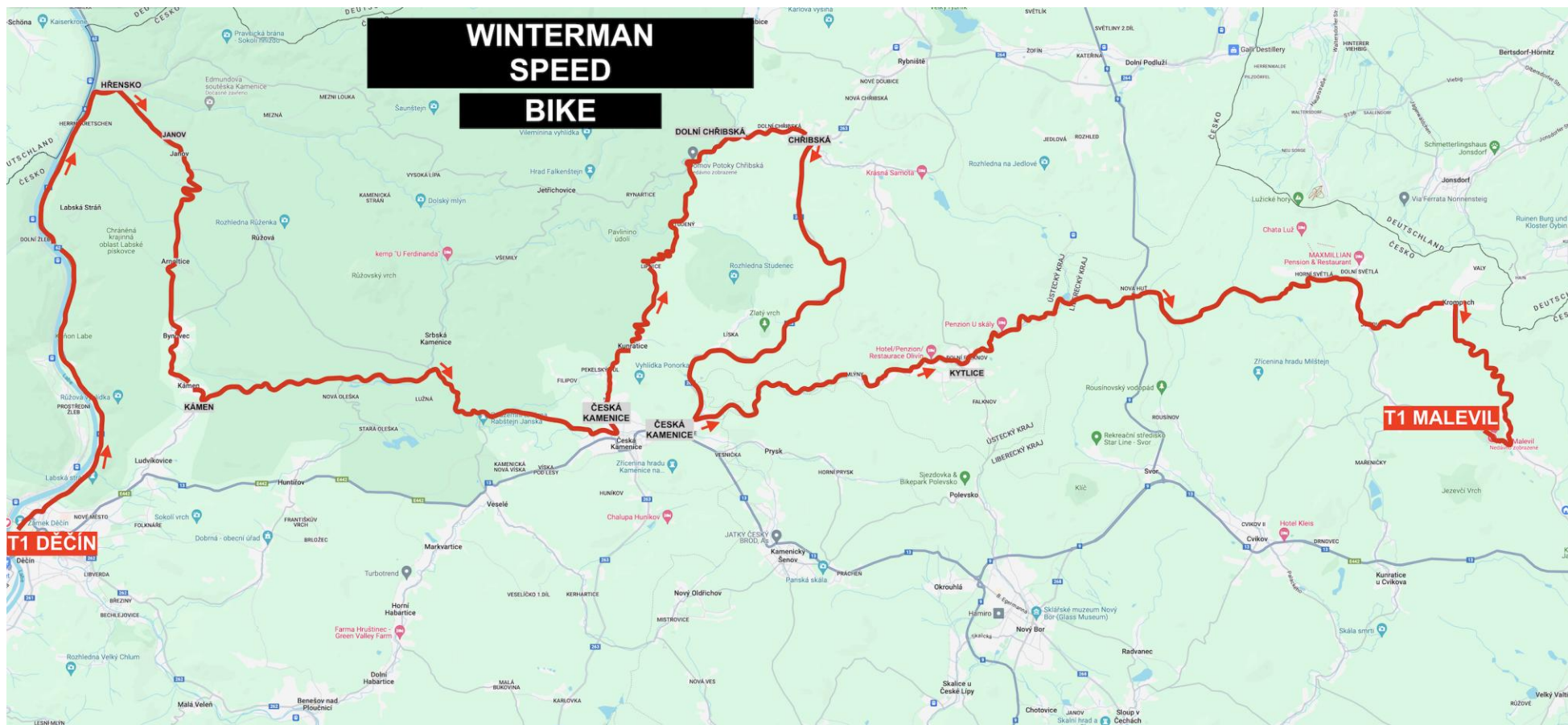


MAP FULL/DETAIL



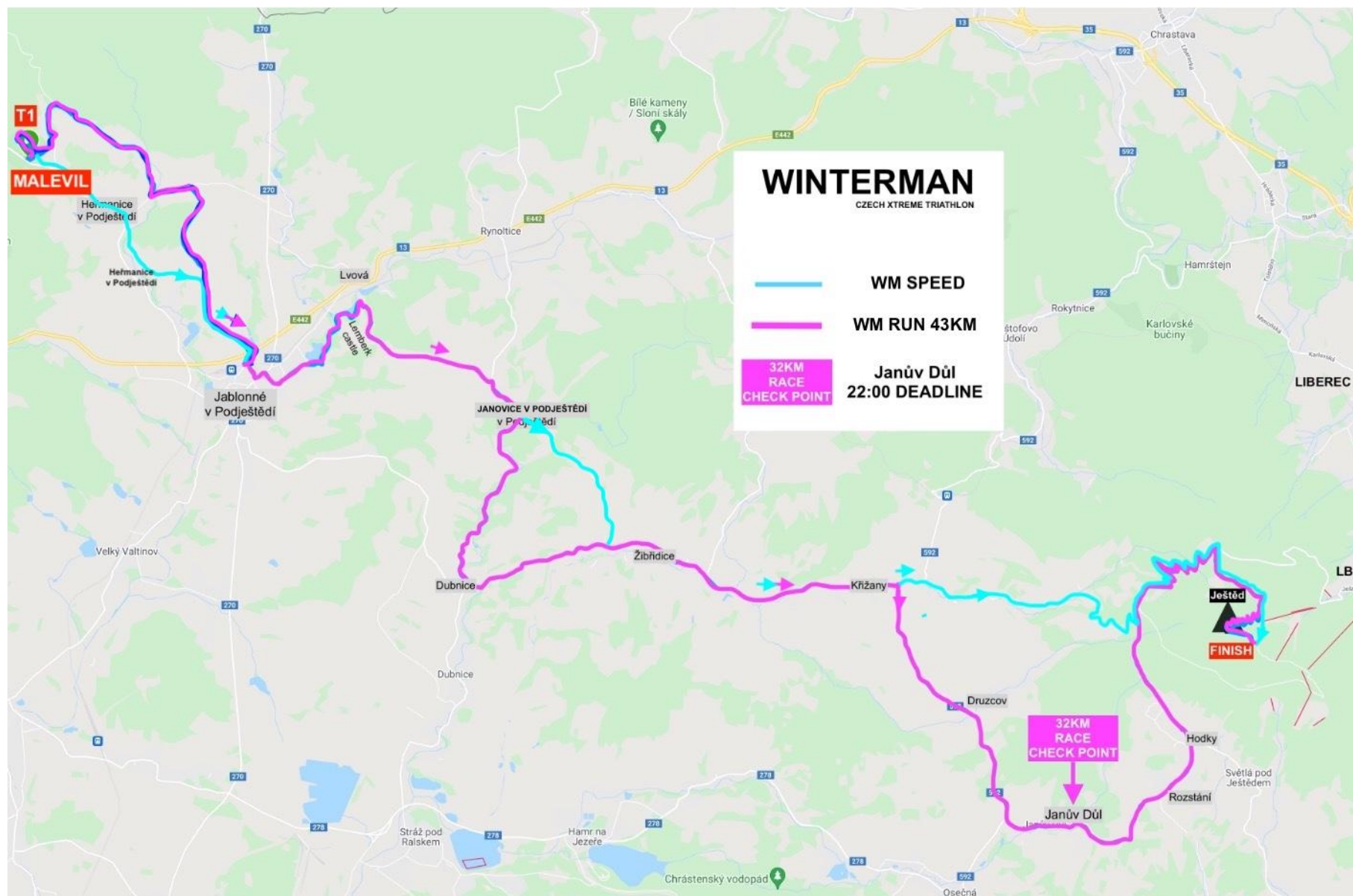


MAP WINTERMAN SPEED BIKE



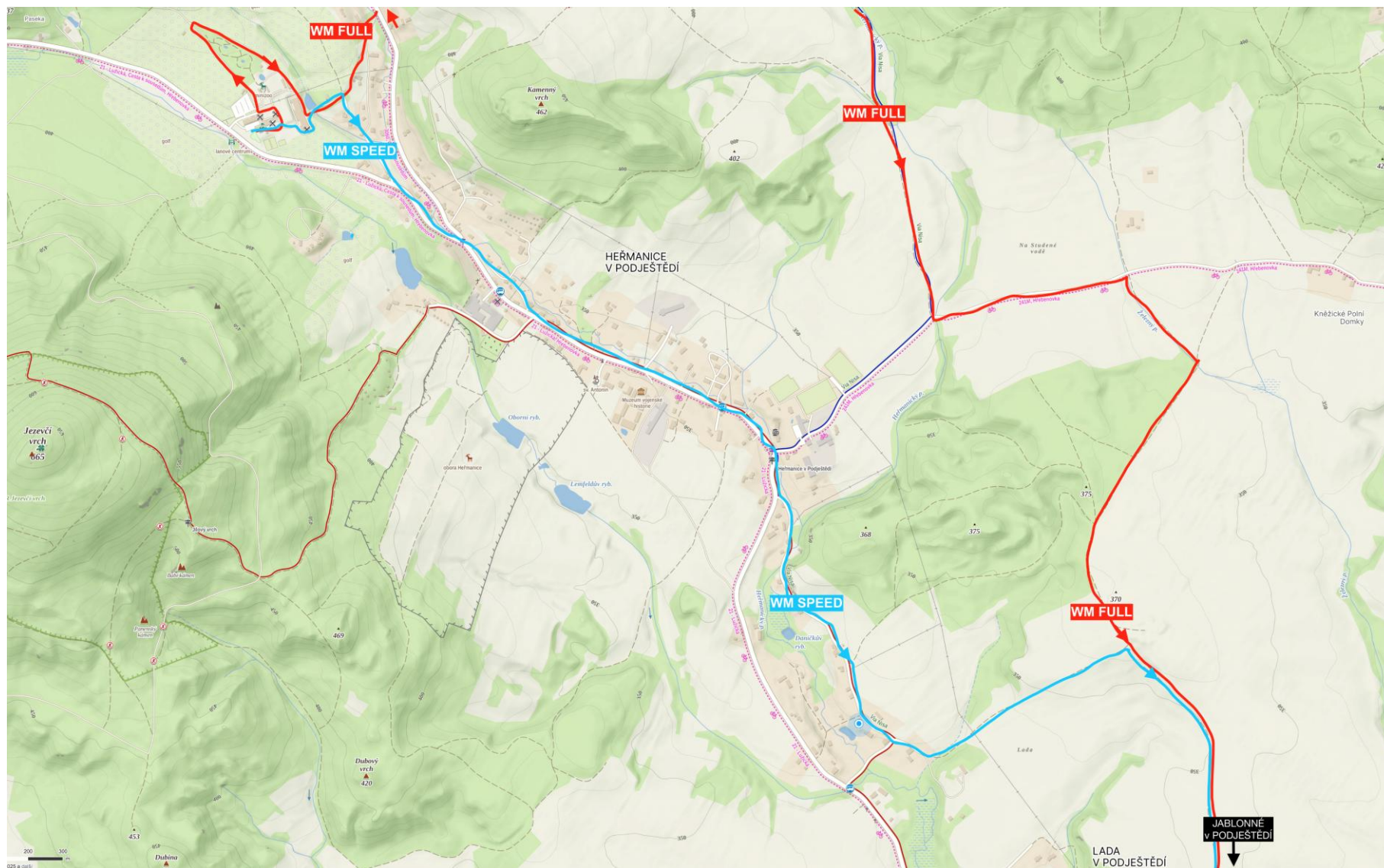
MAP T2 DETAIL FULL/**SPEED**





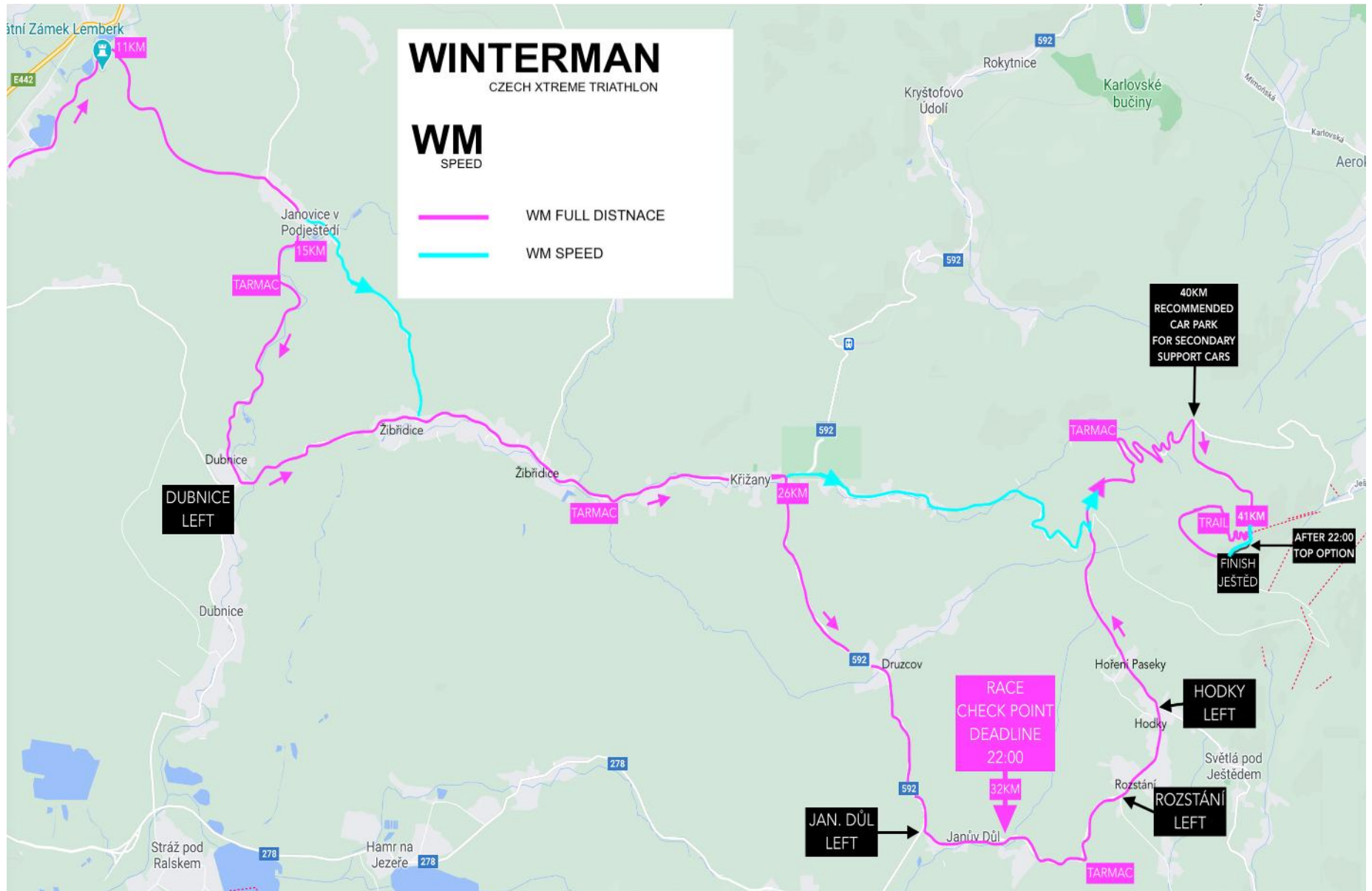


MAP RUN FULL/ SPEED KM 1 - 8

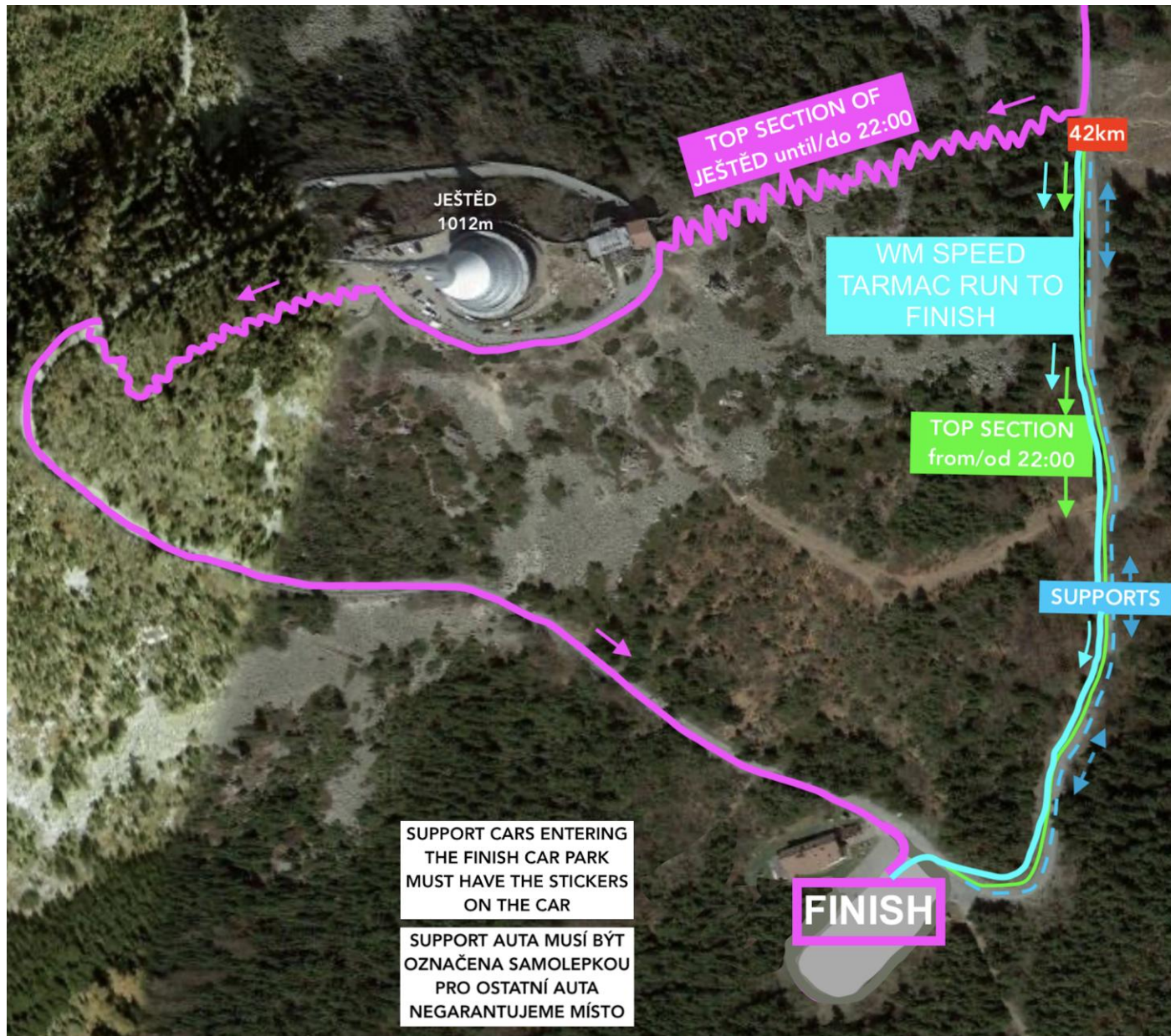


MAP RUN - JABLONNÉ V PODJEŠTĚDÍ





MAP RUN FULL/**SPEED** FINISH



THANK YOU!



THE ORGANIZORS TOGETHER WITH ATHLETES DONATES FINANCIAL SUPPORT TO YOUNG PATIENTS OF CHILDREN'S CARDIOLOGY CENTRE OF MOTOL HOSPITAL IN PRAGUE AND THEIR FAMILIES.

IN CHILDREN'S HEART CENTRE, DOCTORS AND NURSES ARE SAVING SEVERAL YOUNG LIVES EVERY DAY.

THANK YOU FOR BEING PART OF ALL OF THIS!

HUGE THANKS ALSO TO OUR GREAT PARTNERS:

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