

POWERED BY: **TOSIDOS****26 August 2023**

# TRIATLON STEELMEN BOHINJ

WORLD CUP MIDDLE QUADRATHLON OF STEELMEN

## Distance

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

## Organizer

- Tourist association Bohinj
- Jure Sodja
- [Juresodja.events@gmail.com](mailto:Juresodja.events@gmail.com)
- +386 40 572 611
- [www.triatlon-bohinj.si](http://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)
- Relay
- Awards for 1st, 2nd, 3rd place of total men/women, relay and each age group men/women

## Registration

- Solo 80,00€ (after 02.08.23 plus 10,00€)
- Relay 180,00€ (after 02.08.22 plus 20,00€)
- Registration page: [www.triatlon-bohinj.si](http://www.triatlon-bohinj.si)
- Registration via email in case of any difficulties: [juresodja.events@gmail.com](mailto:juresodja.events@gmail.com)
- Starting list: [www.triatlon-bohinj.si](http://www.triatlon-bohinj.si)
- Results after the race: [www.triatlon-bohinj.si](http://www.triatlon-bohinj.si)

## Timetable

- Pick up Race Numbers:  
Friday 25<sup>th</sup> : 18:00 – 20.00 Tourist office Ribčev laz  
Saturday 26<sup>th</sup> : 6.30 – 9.30 Pod Skalco event area
- Race Briefing (in English): 07.45 Pod Skalco event Area
- Race Start: 09:00 Bohinj Lake – Ribcev Laz
- Ceremony: 16:30 Pokljuka Biathlon stadium

## Maps

- Swim: Start in the water (under flagline), 1 round counterclockwise (Bohinj Lake – Ribcev Laz)
- Kayak: 1 round of 8k (Bohinj Lake – Ribcev Laz)
- 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

I FEEL LOVE SLOVENIA

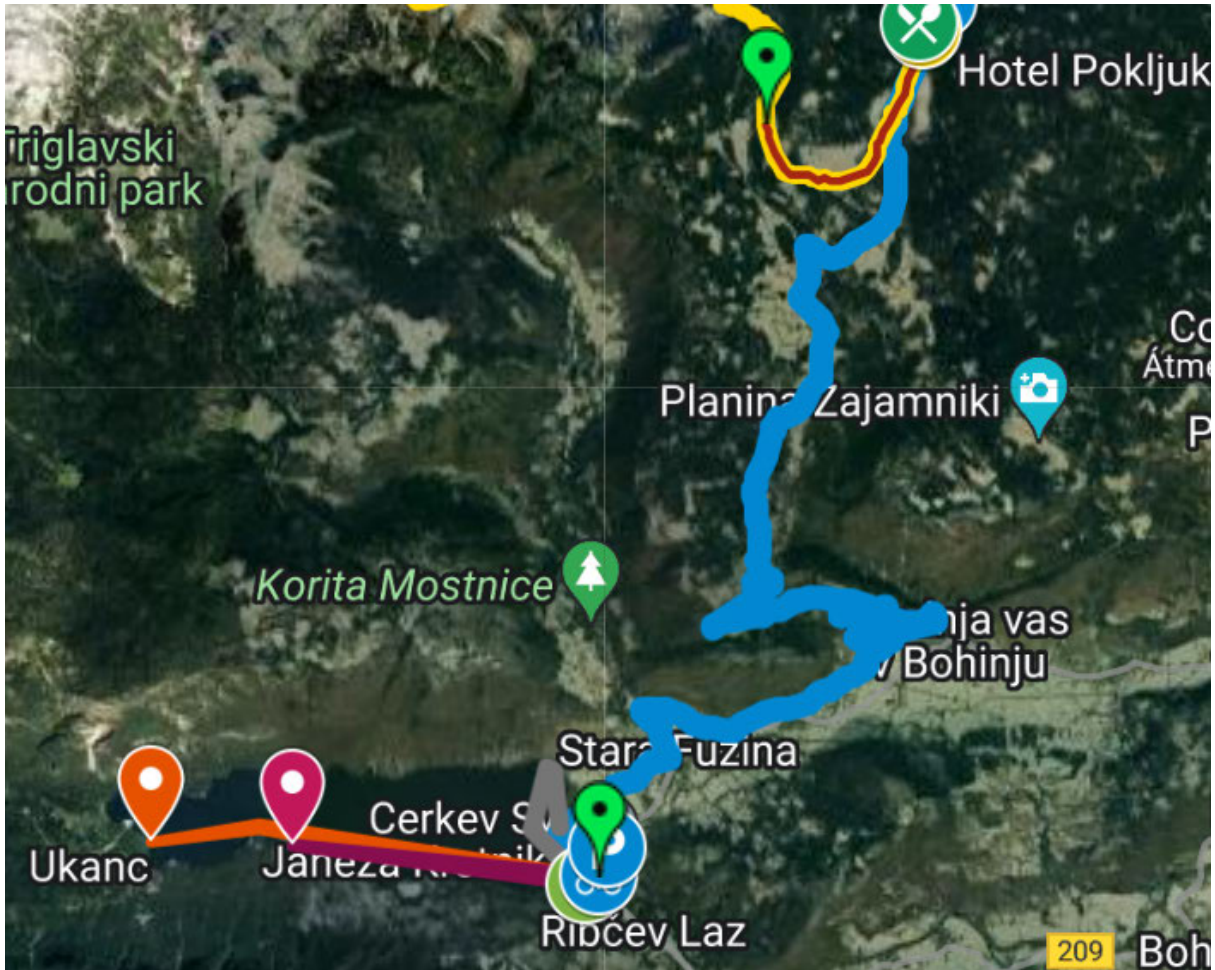
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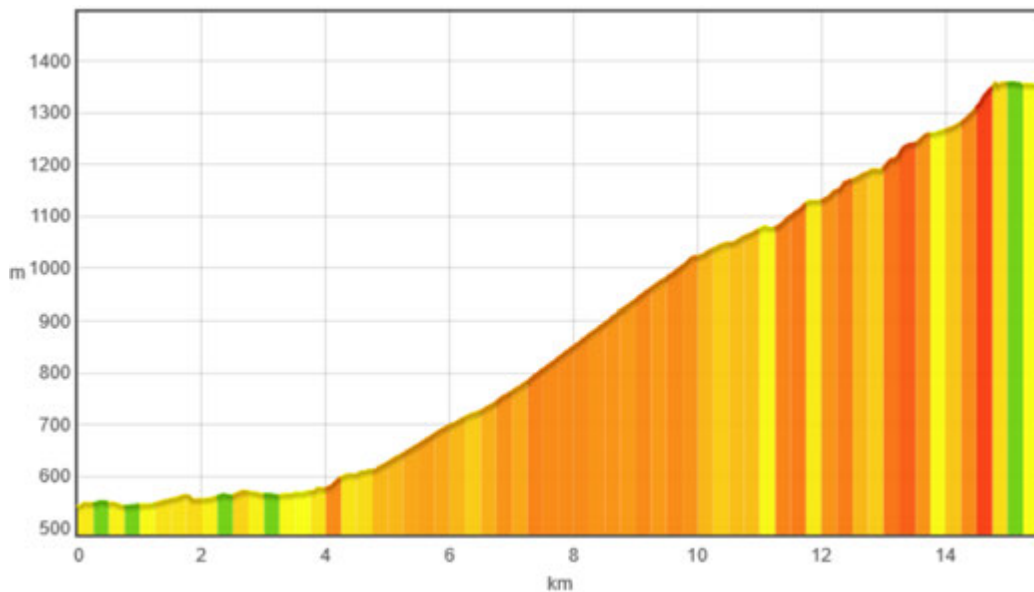
26 August 2023

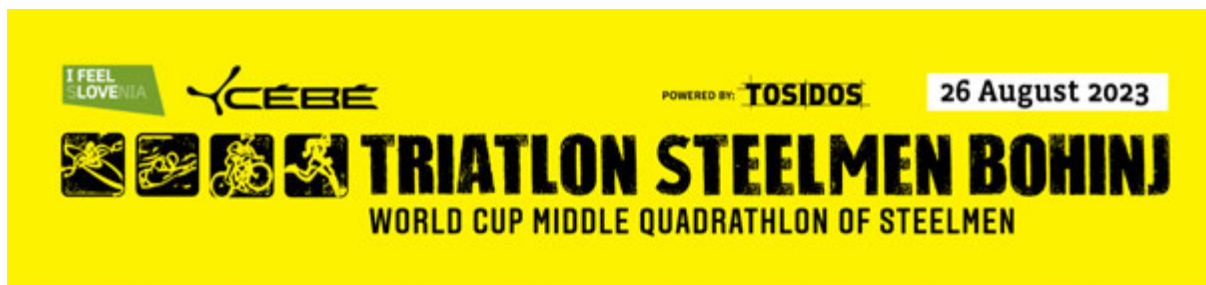
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[https://www.triatlon-bohinj.si/en/predstavitev\\_trasa.php](https://www.triatlon-bohinj.si/en/predstavitev_trasa.php)



MTB cycling profile





## Refreshment

- 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 Helm must close at the bike
  - o No race-number under the wetsuit
  - o Not to throw anything away

## Rental

There is a limited possibility to rent different types of boats. Please contact us early if you need a kayak [juresodja.events@gmail.com](mailto:juresodja.events@gmail.com)

## 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](mailto: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)

+38640 572 611