

Race Information

WQF World Cup Race

Hannover Sprint

Germany

03.06.2023



Version: 19.03.2023

Distance

Swim 750m / Bike 20km / Run 5km / Kayak/SUP 4,4km / Run 300m

Organizer

- eichels: Event GmbH
- Carsten Krebs
- kontakt@eichels-event.com
- There is no cut off time for our event.
- <https://wasserstadt.triathlon-hannover.de>

Race location

Hafenschleuse Linden

Sichelstraße 25 - Hannover, Germany

Categories

- Ladies and Men Solo (Age Groups WQF Rules)
- Awards: medals for 1-3 places in every category

Timetable

- Pick up Race Numbers: From Friday 2 June 2023
- Check-In: 9:00 – 12:00 Clubgaststätte TSV Limmer
- Race Briefing (in English): 12:30 Stage near of Clubgaststätte TSV Limmer
- Race Start: 13:00 Lindener Stichkanal
- NO Cut off Time:
- Medal Ceremony: After last Athlete has finished

Registration

- Youths 16-17
- Junior 18-19
- Under 23 20-22
- Senior 23-39
- Masters 40-49
- Masters 50-59
- Masters 60-69
- Over 70
- Registration page
<https://portal.mikatiming.de/hannover/SportsProPortal/startDirectReg.do?rid=HCHT523FA4C&locale=de&mid=HCHT523F782&type=single>
- Results after the race: <https://www.mikatiming.com/events>

Course

The Hannover Quadrathlon swim start is directly at the Lindener Stichkanal, in the transition area (WZ, see map) you go on the bike, back from the transition area to the run course, don't miss the turn-off to the paddle transition area after the second lap. After paddling the remaining 300m (with shoes) to the finish.

SWIMMING

750 m turning point course in the Lindener Stichkanal, where the water quality is excellent. Before the start there is a check-in control by chip. There will be a water start by swimming over the start line.

CYCLING

For the sprint distance the 20 km long bike course has to be cycled once (approx. 100 m). Here the course leads beyond Davenstedt into the beautiful Calenberger Land.

RUNNING

The 5km run course is a circuit on paved and unpaved paths around the Limmerbrunnen. There are two laps to complete.

PADDLE

4.4km turning point course in the Lindener Stichkanal.

FINISH (running)

After the paddle, there is a 300m (with shoes) run to the finish.

Rules

- The start number is not transferable! It is to be worn clearly visible and unchanged. With a start number band it is to be worn on the front during running and on the back during cycling. Two stickers are enclosed with the starting documents. One must be placed clearly visible on the seat post, the other must be placed clearly visible on the front of the helmet.

- A swimming cap will be provided and must be worn.
- The race is under the WQF rules: <https://www.quadrathlon-online.de/wqf/WQF-Sport-Order.pdf>
- IMPORTANT
 - o No-Drafting at the bike
 - o Helmets must be worn on the bike
 - o no crossing of the middle line of the road on the bike
 - o no race-number under the wetsuit
 - o not to throw anything away
 - o Life jacket can be obligatory

Rental

We have a range of Kayaks that we are happy to hire out for a small fee of 15 € / boat, 5 € / paddle
 Contact quadrathlon@kclimmer.de

Maps of the Area



Radfahren



