

RACE INFO



**DAS RENNEN
DAS RENNEN
DAS RENNEN
DAS RENNEN**
EBERL CHIEMSEE TRIATHLON

25 JUNE 2022



Zum start ins neue Jahr... perpetual calendar

Verschiedene Themen (Shooting Stars, Berlin und Mallorca). Nachhaltig, weil jedes Jahr aufs Neue schön. 3-fach Lochung für schräge oder gerade Aufhängung. 22 x 60 cm. Ökologisch gedruckt mit mineralölfreien Farben. 100% recyceltes Papier und 100% plastikfrei. 100% international in englischer Sprache...

Hol Dir Deinen
perpetual calendar



verlag.bavarianprints.de

Berlin

Shooting stars

Mallorca

"Die besten Ideen entstehen in Extremsituationen."

Jetzt scannen!



Steffen Stundzig
Triathlet und Geschäftsführer
der memoresa GmbH

dienotfallkarte.de

Karins Pimp my Kiddies

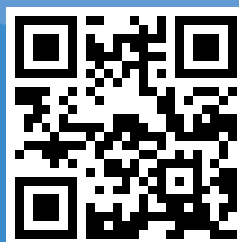
Alles rund ums Kind

An- und Verkauf von gebrauchter und neuwertiger Kinderbekleidung, Kindersitzen, Kinderwagen, Kinderspielzeug, Kinderwiegen, Kinderwippen usw.

Karins pimp my Kiddies

Inhaberin: Karin Baumer
Sudetenstraße 2
92242 Hirschau (Stadt der weißen Erde)
Telefon 09622 606 44 92
Mobil 0159 02 22 21 81

Für Öffnungszeiten und mehr Informationen
besucht uns auf Facebook!
www.facebook.com/karinspimpmykiddies



Kloster Seeon Insel der Ruhe und Gelassenheit



***Superior Hotel
Klostergaststätte
Tagungen
Kulturevents

KLOSTER
SEON
KULTUR &
BILDUNGS
ZENTRUM



bezirk oberbayern

CONTENT

The EBERL Chiemsee Triathlon 2022	5
Greetings	6/7

PART 1 – GENERAL INFORMATION

Overview of races, distances and categories	8
Schedule	10/11

Information for residents and spectators - road closures	12
Parking	13/14

Course maps	16/17
Important information for athletes	18-21
Rules	24
Course details	25

PART 2 – RACE INFORMATION

Middle Distance	26
Olympic Distance	27

PART 3 – CONTACT

Our partners	28
Contact to the organisation team and Chiemgau tourist info	29

THE RACE

THE EBERL CHIEMSEE TRIATHLON IS BACK

2019, the EBERL Chiemsee Triathlon attracted around 1.300 athletes from Germany and international countries. After two years of a pandemic break, the race will finally be back on June 25, 2022!

Amateur athletes will be on focus at the EBERL Chiemsee Triathlon. It is our goal to provide an attractive and high-quality event which allows us to concentrate on our athletes' requirements.

TRIATHLON AT SUNSET

On Saturday, June 25, 2022, the EBERL Chiemsee Triathlon - The Race will be held as a night event for the first time ever.

The Half Distance will start at 4.30 pm, followed by the Olympic Distance at 5.00 pm. Athletes can look forward to a spectacular finish during the scenic evening atmosphere in a balmy summer night at the Chiemsee.

To let the race take place as a summer night event does not only enable our athletes a race in a special atmosphere, it also gives the chance to combine their competition with a short vacation in one of Bavaria's most beautiful regions - along with family or friends.

THE COURSE

Crystal clear water, the majestic mountains of the Alps, the magnificent castle Herrenchiemsee - a Triathlon experience in a place loved by many others for holidays. Finally, there will be a fight for miles and minutes in one of Bavaria's most scenic places.

The swim course through the „Bavarian Sea“ will start at the Strandbad Chieming at the east bank for the lake Chiemsee.

After the swim exit, the bike course will take athletes through the idyllic Chiemgau area. Olympic distance athlete will do one lap; Middle Distance athletes will do three laps. The course will take you through Nußdorf, Wolkersdorf, Erlstätt and Chieming - accompanied with the amazing view of the Alps.

The run course will lead through Stöttham, Schützing and Chieming. Enjoy the unique atmosphere all along the course and at the finish line!

Huber
MOTORRAD



BMW
MOTORRAD



MAKE LIFE A RIDE

EINFACH GUAD
UNTERWEGS!

Motorrad Huber GmbH | Unterbierwang 11 | 83567 Unterreit
Tel: 08074 711 99 00 | bmw@zum-huber.de
www.bmw-huber.de



GREETINGS GREETINGS

DEAR TRIATHLETES, DEAR FRIENDS OF TRIATHLON SPORT,

As patron, I warmly welcome you and look forward to seeing you at the EBERL Chiemsee Triathlon.

I have to admit that I was afraid that this wonderful event would no longer take place. But Sven Hindl and his amazing team managed to defy all odds again. Of course, a big thank you also goes to the many loyal volunteers, the sponsors, and of course all the participants who will help us to be able to celebrate a great triathlon festival again on June 25, 2022.

I look forward to you all!

Ricarda



RICARDA LISK

- Winner EBERL Chiemsee Triathlon 2016
- German Champion Triathlon (2006, 2010, 2011, 2012)
- Olympian 2008
-

The patron of the EBERL Chiemsee Triathlon lives in Switzerland now. She is coaching and supporting athletes as a triathlon coach permanently and in training camps.

LADIES AND GENTLEMEN, DEAR TRIATHLETES, DEAR VISITORS,

After the unplanned break in 2020/2021, the Chiemsee Triathlon will start the next round on Saturday, June 25th, 2022 and I am very happy to welcome you to the 9th Chiemsee Triathlon in our community.

The unique landscape, the Chiemsee and the enthusiastic audience in the streets of and around Chieming make up the special atmosphere of this sporting competition and also make it a special experience for the participants. The organizer Wechselszene GmbH organizes with the support of authorities, police, Chieminger Companies, shops and sponsors an event, so that you will again find interesting competition courses.

My heartfelt thanks also go to the many voluntary helpers from the clubs and volunteer fire brigades, without whom an event of this size would not be possible. Many thanks to the residents of the competition routes for their understanding of the necessary route closures.



I wish all athletes a successful competition and I am sure they will be cheered on again in 2022 by enthusiastic spectators along the route and spurred on to top performance with lots of applause.

Sincerely yours

Stephen Reichelt

1. Mayor

OVERVIEW OVERVIEW

THE RACES, DISTANCES AND LOOPS

Olympic distance 1,5 km | 31 km | 10 km 1 loop | 1 loop | 2 loops

OD

Half distance 2 km | 93 km | 20 km 1 loop | 3 loops | 4 loops

HD

THE CATEGORIES

Olympic distance Individual & Relay OD

OD

Half distance Individual & Relay MD

HD



Die Vielfalt des Nordic Sport gemeinsam erleben

Save the Date -> 2023!

Live-Musik

Edel-Foodtruck

24h Lauf

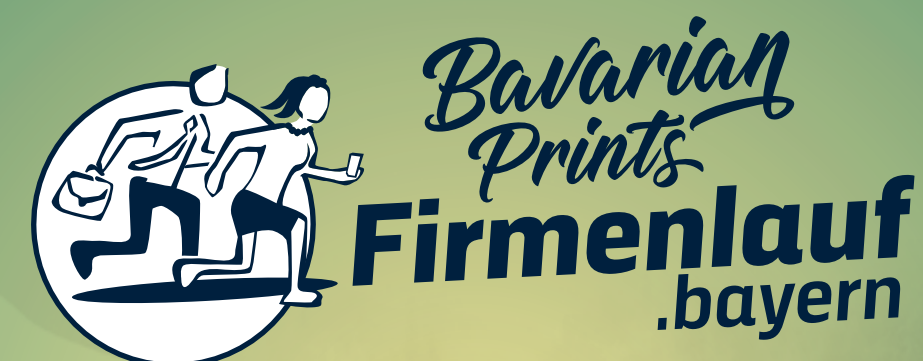
Modenschau

Ladies Day & Night

Moonlight Langlauf und Biathlon



www.rauszeit.world



FIRMENLAUF.BAYERN 2023
HYBRID & LIVE

Das bedeutet: laufe, spaziere oder walke über vier Wochen lang, wann und wo Du willst und dann zusätzlich mit Deinem Team vor Ort. Deine zurückgelegten Kilometer kannst Du dann einfach online speichern und bei der Live-Veranstaltung auf Deine Hybrid-Kilometer addieren lassen. Das bedeutet maximale Flexibilität bei maximalem und individuellem Bewegungsspaß.

WWW.FIRMENLAUF.BAYERN



THE SCHEDULE

FRIDAY, JUNE 24, 2022

6.30 pm - 8.00 pm	Registration Olympic distance Individual & Relay Location: Finishline am Chiemseering in Chieming	
6.30 pm - 8.00 pm	Registration Half distance Individual & Relay Location: Finishline am Chiemseering in Chieming	
7.00 pm	Opening and Welcome Location: Finsihline am Chiemseering in Chieming	

SATURDAY, JUNE 25, 2022

10.00 am - 1.30 pm	Registration Olympic distance Individual & Relay Location: Finishline am Chiemseering in Chieming	
10.00 am - 1.30 pm	Registration Half distance Individual & Relay Location: Finishline am Chiemseering in Chieming	
10.00 am - 11.00 pm	Expo Location: Finishline am Chiemseering in Chieming	
1.00 pm - 3.30 pm	Bike Check-In / Transition open Location: Transition, Parking area Markstatt / Dampfersteg	
from 3.00 pm	drop off Street Wear Location: Finishline am Chiemseering in Chieming	
4.30 pm	Start Half distance Individual & Relay Location: Strandbad Chieming	
5.00 pm	Start Olympic distance Individual & Relay Location: Strandbad Chieming	
ca. 6:45 pm	First finisher Olympic distance Location: Finishline am Chiemseering in Chieming	
ca. 7.15 pm	Flower Ceremony Top 1-3 Women & Men Olympic distance Location:: Zielbereich am Chiemseering in Chieming	
8.15 pm	first finisher Halfe distance Location: Finishline am Chiemseering in Chieming	
ca. 8.30 pm	Flower Ceremony Top 1-3 Women & Men Half distance Ort: Zielbereich am Chiemseering in Chieming	
11.00 pm	Race end / cut off Location: Finishline am Chiemseering in Chieming	

A detailed race briefing will be provided via email.

IMPORTANT ADRESSES

	Straße
Registration / Expo	Chiemseering, 83339 Chieming
Start Triathlon	Bei den Bädern 3, 83339 Chieming
Transition	Markstatt, 83339 Chieming
Bike Hotspot	Hauptstraße 30, 83339 Chieming
Finishline	Chiemseering, 83339 Chieming
Street Wear drop off / pick up	Chiemseering, 83339 Chieming

EVENT AREA MAP



ROAD CLOSURES

PARKING

ROAD CLOSURES IN CHIEMING AND THE REGION

In the course of the Chiemsee Triathlon, there will be road closures and regional restrictions in the region on Saturday, June 25th.

On Saturday, June 25, 2022 between 3.30 pm and 9 pm, the local area Chieming is partly not accessible.

We ask for your understanding and ask you to avoid driving into this area within this time window!

ROAD CLOSURE OVERVIEW

The roads that will be closed as part of the EBERL Chiemsee Triathlon are listed below. The roads listed below will be closed on June 25, 2022 from 4:30 p.m. to 9 p.m.:

Municipality of Chieming

Stötthamer Strasse, Josef-Heigenmooser-Strasse, Oberhochstätter Strasse, Max-Kurz-Strasse, Hauptstrasse, Markstatt

Municipality of Chieming - area of Eggerer

Poststraße, Goriweg, Truchtlachinger Straße- TS 31, Weidach - TS 31, Tabing - TS 31, Kensing - TS 11, Hart - TS 47, Golfclub Chieming mit den Anwesen Hilleck & Hub

Municipality Nußdorf

Sondermoninger Straße, Hauptstraße - TS 46, Riederting, Höpperding

City of Traunstein - area of Wolkersdorf

Höpperdinger Straße, Wolkersdorf - Dorfstraße - TS 2

City of Traunstein

Chiemsee Straße - St 2095

City of Traunstein - area of Einham / Haßlach

Einhamer Straße, Einhamer Dorfstraße, Einham, Langenspach

Municipality of Erlstätt

Langenspach - TS 54, Grabenstätt-Erlstätt - TS 3, Kellersbergstraße - TS 54, Innerlohen, Oberhochstätt

In addition, the following areas in Chieming at the following closed times:

- Chieminger Straße: 25. June, 5.30 pm - 11 pm
- Chiemseering - Parking area (Finish line): Thursday, 23 June - Sunday, 26 June
- Driveway Kurklinik Alpenhof: 25 June, 5 pm - 11 pm
- Oberhochstätter Straße / Max-Kurz-Straße: 25 June, 5 pm - 9 pm Uhr
- Parking area Markstatt / Dampfersteg (Transition): Friday, 24 June - Sunday 26 June; Driveway to estates enabled on 25 June until 3 pm
- Hauptstraße: 25 June, 3.45 pm - 9 pm
- Driveway Chiemsee Wirtshaus from direction Grabenstätt enabled non-stop
- Schützing via Stöttham restricted accessible: 25 June, 5.30 pm - 11 pm

BYPASSES

The most important north-south connection is the B304. We therefore recommend the extensive detour route via the B 304 in the northern half and via the St 2095 and TS 3 in the southern half of the affected areas around Chieming.

You can reach the southern Chiemsee via the B304 - B306 - A8

You can reach the northern Chiemsee via the B304 to Obing. Shortly before Obing, follow the signs to Sebruck.

A detour for individual streets and blocks of streets is not available.

PUBLIC TRANSPORT

Due to numerous road closures, there will be restrictions on the route timetable of the buses between Traunstein and Prien and on the Chiemseering line (bicycle and hiking bus) on the day of the event (June 25).

ARRIVAL

Chieming in Upper Bavaria is about 100 km south of Munich and about 40 km west of Salzburg.

By car you drive from the A8 Munich-Salzburg motorway to the Grabenstätt motorway exit. Then, at the roundabout, turn north-east onto the country road and drive via Grabenstätt to Chieming (approx. 10km).

You can take the train from Munich or Salzburg to Traunstein main station. From there you take the bus connection to Chieming (approx. 10km). You can find the bus and train timetable below www.bahn.de

From the end of May, the Chiemseering line will encircle the Chiemsee directly as a public local bus line seven days a week. You can get up-to-date timetable information for the Chiemseering line at www.rvo-bus.de or by telephone on 0861 / 70 8 63 – 0.

For reasons of environmental protection, we ask you, if possible, to travel by public transport or form communities.

PARKING

In addition to public parking spaces in the municipal area, we are specifically geared towards the EBERL Chiemsee Triathlon also makeshift parking spaces. Access to the makeshift parking spaces is only possible until 3.30 pm on Saturday. A descent is not possible before the end of the race!

Please plan enough time. Waiting times may occur when directing people to the parking spaces.

We urgently ask you not to use private parking spaces, either at supermarkets, petrol stations, etc., or on side streets in the entire municipal area. The EBERL Chiemsee Triathlon relies on mutual consideration and tolerance from everyone. We don't want to burden residents any more than necessary. Wrongly parked vehicles will be towed at the owner's expense!



MUSIK MAYER

BÜHNEN-EVENT-KONFERENZTECHNIK TON - LICHT - VIDEO - INSTALLATIONEN

Eventtechnik | Projektplanungen
Livestreaming | Konferenztechnik
Medientechnik | Smart Home

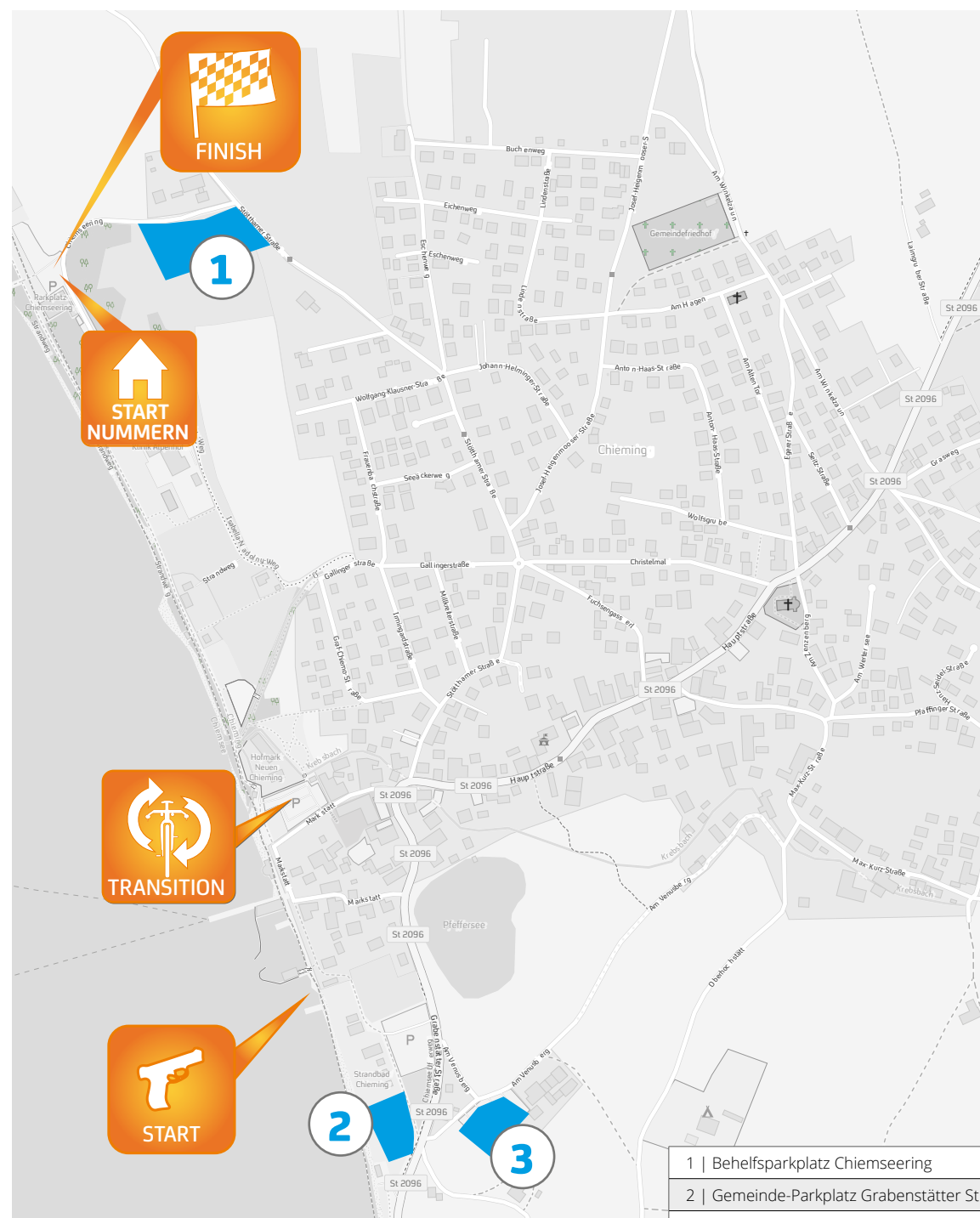
Musik Mayer GmbH & Co. KG, Gewerbestraße 7
83365 Nußdorf / Aiging, Tel. 08669 / 789 35 34
www.musik-mayer.de

EBERL CHIEMSEE TRIATHLON DAS RENNEN



Gemeinde Chieming
Au Chiemsee-Ostuf

PARKEN AM WETTKAMPFWOCHENENDE



Am Wettkampfwochenende sind die Parkplätze nicht kostenlos.

- | | |
|---|---|
| 1 | Behelfsparkplatz Chiemseering |
| 2 | Gemeinde-Parkplatz Grabenstätter Straße |
| 3 | Gemeinde-Parkplatz Venusberg |
| | |
| | |

Extraportion Erholung gefällig?

Tagesgäste willkommen
im aja Ruhpolding



Anmelden und buchen:
Tel. 08663 41730-2700
www.spa-ruhpolding.aja.de

Frühstücksangebot:

Frühstücksbüffet
+ 3 Std. Badewelt & Sauna
28 € pro Person

Freuen Sie sich auf:

- beheizter Innen- und Außenpool
- beheizter Kinderpool
- Poolbar
- verschiedene Saunen

NIVEA Shop:
8:00–21:00 Uhr

Massagen und Anwendungen:
10:00–19:00 Uhr

**Day Spa –
Badewelt und Saunabereiche:**
Badewelt 8:00–21:00 Uhr
Sauna 14:00–21:00 Uhr

aja Ruhpolding
Zell 2 · 83324 Ruhpolding

Stumhofer

BACKEN IST HANDWERK.

*Verwöhnen ist
eine Kunst.*



DER CHIEMSEEBÄCKER
FAMILIENBETRIEB SEIT 1792

hallo@stumhofer.de
www.stumhofer.de

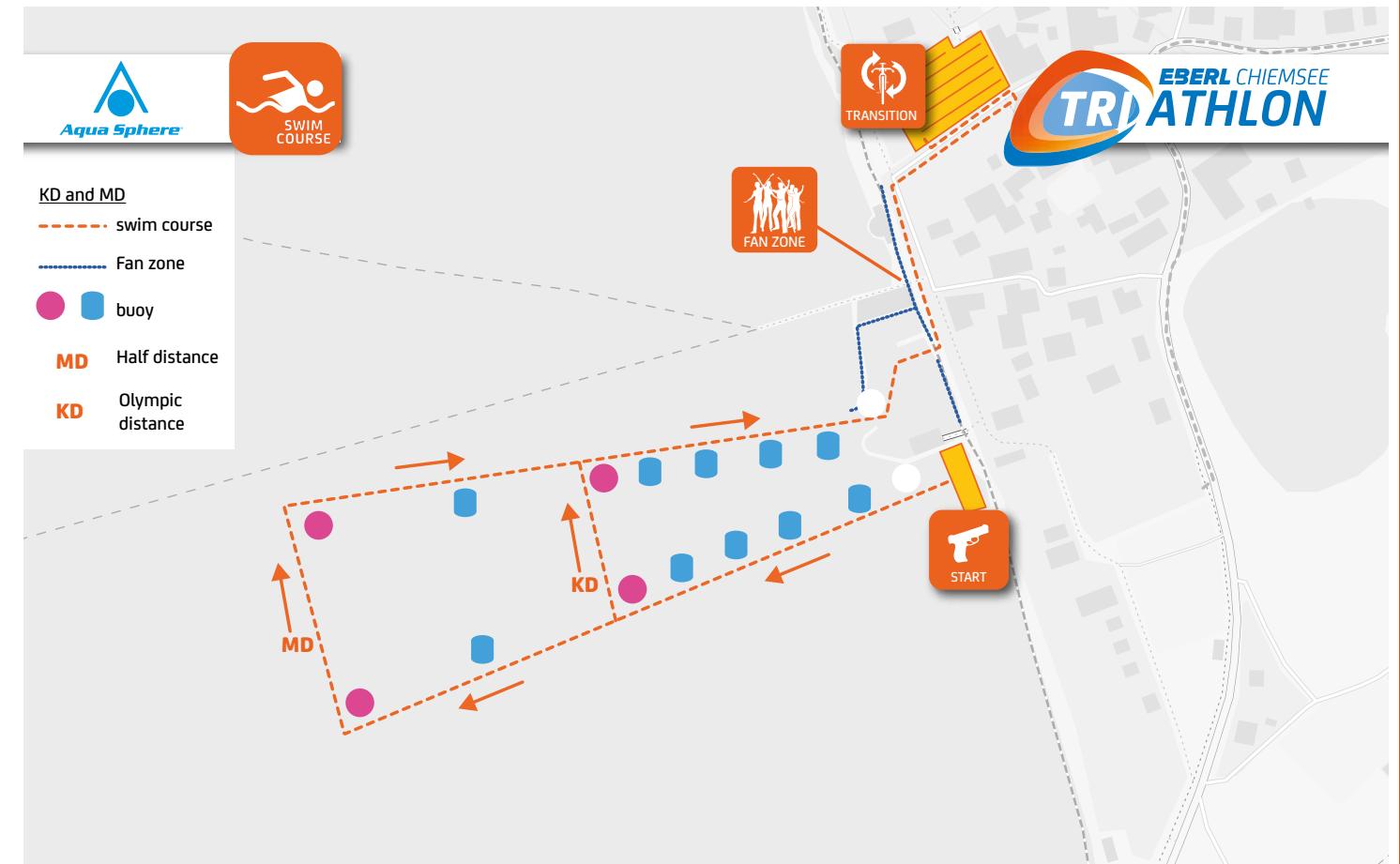
WWW.DAS-RENNEN.COM

MAPS MAPS

BIKE COURSE



SWIM COURSE



RUN COURSE



The following information applies to athletes of both distances. For reasons of readability, the masculine form was chosen in the texts, but the information relates to members of all genders.

BIB NUMBERS

The start number must not be worn when swimming. It must remain in the change bag or on the bike.

Wear them visibly on the back when cycling and on the front when running (it is best to attach them with a start number strap). The starting numbers may not be changed or reduced. Changes will result in immediate disqualification.

The information on the back must be filled out carefully and legibly for our rescue workers. This is for your own safety!

BIB NUMBER / RELAY

The starting number is handed over to the next relay starter when changing. The cyclist of the relay team may already wear the start number before the change.

BIKE NUMBERS

The bike number must be attached to the wheel in such a way that it is clearly visible from the left and right side. It is best to stick them around the seat post. The number is necessary for checking out the bike from the transition area - please only remove it afterwards.



HELMET NUMBER

The helmet numbers must be clearly visible on the front of the bike helmet as well as on the left and right.

You can only check out your helmet after the race if your start number is stuck on it!

TIMING CHIP

You will receive your timing chip when you pick up your starting documents. It's in the starter envelope. Participation is not possible without a chip! The chip must be worn on the ankle, otherwise timekeeping cannot be guaranteed.

Return of Timing Chip:

Your time chip will be taken from you when you check out. Please give it back to our helpers. No chip, no bike.

Chips that are not returned are considered purchased and will be charged at €100.00.



Time chip / Relay:

The chip serves as a relay baton. Each relay participant must wear the chip on his part and pass it on when changing. Rad. Nicht zurückgegebene Chips gelten als gekauft und werden mit 100,00 € in Rechnung gestellt.

TRANSITION BAGS

You will receive three transition bags along with your registration:

- BIKE – pink color
- RUN – green color
- AFTER RACE – blue color

Please label the bags with your start number yourself.

The „Bike“ and „Run“ bags are hung up in the transition area on the clothes bag stands provided. The bags contain:

- **BIKE:**
 - bike clothes
 - cycling shoes (if not clicked in)
 - optional: bib number (if not on the bike)
 - optional: cycling glasses (if not on the bike)
 - all other things with the exception of the helmet - this is on the bike and must be checked in with the bike!
- **RUN**
 - running shoes
 - run clothes
 - nutrition
 - cap
 - possibly sun protection

STREET WEAR

The black and blue bag („After-Race“) is for the clothes that you want to put on right after the race - the warm clothes. These are often the items of clothing that you wear until just before the start. You should therefore hand over the heat bag to the transporter near the start number issue. Submission is possible on Saturday from 3 p.m.

You will get the warm clothing back after the race in the finish area near the finish refreshment area.

Please make sure that you have attached your bib number to the bag and that it is well closed. We cannot be held responsible for any losses.

CHECK-IN

Please attach your bike stickers and helmet stickers before checking in.

When entering the transition area, you must have your helmet on and the chin strap closed.

When you check in, the technical condition of your bike and helmet will be checked by the competition judges. The helmet in particular must not show any signs of damage (cracks, breakage). Participation in the EBERL Chiemsee Triathlon can be refused in the event of defects.

START WAVES & WRISTBAND

You will find the classification of the starting waves and times in your personal starting documents on the envelope.

The control bracelet for the respective swimming block must be put on the wrist in good time before the start. No swim start is possible without an armband.

PRE START

The start takes place at the Strandbad Chieming. Only participants have access to the lido.



warm up

The warm up is only allowed on the left side of the jetty in the area of the lido. You can warm up in the water up to ten minutes before the start. You must

leave the water at the latest when the referee gives the signal.

pre-start area

Please enter the direct start area only via the gated pre-start zone. Do not dive under the jetty in the starting area - otherwise your chip will not be activated and a timing and ranking is not possible!

The pre-start area may only be entered after approval by the judges.

WITHDRAWAL / NO PARTICIPATION

If, you decide not to start the race after entering the pre-start area, you **MUST** inform a competition judge **IMMEDIATELY!**

In general: If you do not start or end the race prematurely, you must hand in the time chip to a competition judge, the organizer or the timekeeping company without being asked to do so.

In the event of non-compliance and a subsequent search operation (in the water or on land) by security forces, the person responsible bears the full costs incurred.

START

We ask you to only enter the beach and the starting area via the stairs. The concrete ramps pose a risk of injury.

Please respect the starting line at the end of the jetty and follow the instructions of our helpers.

The start takes place via an acoustic signal.

TRANSITION

There is ONE transition zone for both transitions (Swim-Bike & Bike-Run). There you will find your bike and your transition bags: Bike (pink) and Run (green).

You are also not allowed to accept any outside help from helpers or spectators in the transition zone.

1. Swap swim/bike

When you reach the transition area, you have to find and pick up your transition bag yourself. Please only change your clothes in the changing area by the sun sail. Afterwards you have to pack all your swimming things into the bag yourself and give it to the catchers. Please be considerate and refrain from throwing the bag!

Only a helmet (mandatory), cycling goggles (optional), race number (optional) and shoes (clicked in) are allowed on the bike.

Change bike/ run:

The transition to running is in the same transition zone. In the entrance area to the transition zone, you must reduce your speed for the safety of everyone involved. The descent is in front of the arch and the line at the bottom.

INFOS INFOS

Then push your bike back to your designated place and hang it up there.

Your helmet lock must remain closed until you park your bike!

Change relay (swim/ bike):

The relay cyclist is waiting for his relay swimmer in the relay box at the entrance to the transition area. The cyclist may already wear a helmet, race number and cycling shoes. The swimmer hands the time chip to the cyclist. The cyclist is then allowed on the bike course.

Change relay (bike/ run):

The runner is also waiting in the relay box for his relay partner. After parking the bike, the cyclist hands over the start number and the time chip to the runner. Then the runner goes on the course.

COURSE MARKING

The bike- and run courses are marked with information signs. In addition, there are signs for changes of direction. When turning on the bike course, you must always comply with the right-hand traffic rule!

LITTERING

Dispose of bike bottles, cups and other rubbish only at the aid stations within the littering zones. Failure to do so will result in disqualification and a charge for environmental pollution.

AID STATIONS BIKE COURSE

On the bike course, there will be **NO** aid station on the Olympic distance. On the half distance, there will be **two** aid stations (kilometer 33 and 66).

Please throw your empty bike bottles in the bins provided before and after the station.

At the supply point you will receive: PowerBar bike bottles (0.5 l) with water (Petrusquelle) or iso-drink (PowerBar).

LAPS

You are responsible for completing the correct number of laps. The number of laps is controlled by the electronic chip system.

When cycling through the circuit, please arrange yourself early on the correct side of the road. Please note the the signage. Slow down for everyone's safety!

At the end of each running lap, up to four fenced off channels labeled with the respective lap are set up for the lap run. Make sure you're running in the right channel. At the end of this, our helpers will give you a lap bracelet. You may only cross the finish line with the correct number of lap ribbons.

Short-distance racers collect two different colors in their race. Middle-distance athletes need four different colors to cross the finish line.

AID STATIONS RUN COURSE

The first aid station on the run course is positioned about 800 meters after the change from bike to run and is passed through on every lap.

The second aid station is in Stöttham.

There you will receive: Beverage cups (0.2 l) with water (Petrusquelle), iso-drink (PowerBar), cola and gel, bars (PowerBar), bananas.

FINISH LINE

After crossing the finish line, participants will receive a delicious nutrition (cake, fruit and drinks) as well as a refreshing Erdinger Alkoholfrei beer to replenish their energy stores. You can find them on the curling rink. We ask you to refrain from catering to non-participants.

CHECK-OUT

Bikes will be handed out in the transition area upon presentation of the start number and return of the time chip. Please note the respective schedule.

Our team only starts the check-out when the last participant of the current race has left the transition zone to run!

CERTIFICATES AND RESULTS

You will receive your certificate and results for download at www.chiemsee-triathlon.com.

SHOWERS

Showers will be available on Saturday from 6.00 pm to midnight in the sports hall of the Chieming secondary school (Josef-Heigenmooser-Straße 45, 83339 Chieming).

Unfortunately, it is not possible to drive there by car during the competition. The walk is 1.5 kilometers. (Follow the bike course in the direction of the competition. The school is on the left at the end of the town)

MEDAL ENGRAVING

At the finish you will receive your finisher medal. At the triathlon expo next to the finish area you have the opportunity to have your medal engraved with your name, your split times and your total net time. If you did not pre-order the engraving when you registered, you can also do this directly on site at the engraving stand for €10.

PHOTOS

Your participant photos are available from Sportshot at www.sportshot.de Our official photo partner will capture your unique moments at various points along the route as well as at the station and at the finish.

FOOD & DRINKS

There are food and drink stands in the catering area on and around the event site. We cordially invite you and all viewers to linger.

TRIATHLON EXPO

The EBERL Chiemsee Triathlon expo will be open during the following times:

Saturday, June 25, 2022: 10.00 am - 11.00 pm

FIRST AID

First aid is available in the area of the start at the water rescue service.

In the finish area, the rescue service is represented directly at the finish and with a tent on the running route. Mobile helpers are on the route.

If you or someone else is not feeling well, please contact one of our helpers, the fire brigade or the local police immediately. They will take care of you or the person concerned and inform the emergency



Für Regenerations- Künstler



unterstützt die Regeneration

nur 25 kcal pro 100 ml

isotonisch & vitaminhaltig (B9, B12)

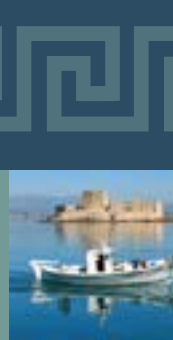
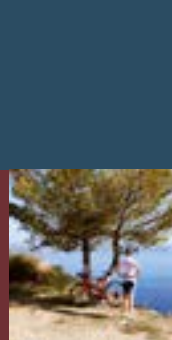
ERDINGER
ALKOHOLFREI
Natürlich. Sportlich. Erfrischend.

Die Vitamine B9 und B12 tragen zu einer normalen Funktion des Immunsystems bei.
Eine abwechslungsreiche und ausgewogene Ernährung sowie gesunde Lebensweise sind wichtig.



GREEKSPIRIT
SWIM . BIKE . RUN

greekspirit.eu



perfekt

trainieren

begeistern

erleben

genießen

Elektrisiert, wie ein Kuss.



Der neue ID.5:

ID.5 Pro > Stromverbr. in kWh/100 km: kombiniert 16,2; CO₂-Emiss. in g/km: komb. 0; Effizienzkl.: A+++.

Mit kraftvoller E-Performance und einer fließenden Silhouette schafft der neue ID.5 eine moderne Symbiose aus SUV und Coupé. „Over-the-Air“ updatefähig und bereit, elektrische Mobilität neu zu definieren.

Am Besten, Sie lernen ihn persönlich kennen.



Ihr Volkswagen Partner

Osenstätter Kraftfahrzeuge GmbH

Jahnstraße 42, 83278 Traunstein, Tel. +49 (0)861 98 871 – 0, www.vw-osenstaetter.de

Osenstätter
gut ankommen...

BIOTEAQUE

Chiemgauer Tee Manufaktur



BIOTEAQUE GMBH & CO. KG | LAGERVERKAUF: SCHMIDHAMER STR. 31 | D - 83278 TRAUNSTEIN
WWW.BIOTEAQUE.COM | INFO@BIOTEAQUE.COM

ROLES RULES

Our races are subject to the sports regulations of the DTU (Deutsche Triathlon Union). We ask you to familiarize yourself with the rules in advance. Above all, we set mutual respect and correspondingly respectful interaction with one another. Below we summarize the most important rules.

HELMET OBLIGATION

On the bike, a helmet must be worn that meets the requirements of a recognized testing institute. The helmet must not show any damage to the helmet shell, the inner material and the strap material. During the competition, the chin strap of the helmet must be closed before you pick up your bike and may only be opened when you have put your bike back down.

We recommend that you wear a helmet while cycling on the day of the event, both before and after the competition.

TRANSITION ZONE

(see SpO § 34) You may only push the bike in the entire transition zone. The ascent and descent is under the archway and is marked with a line on the ground.

COMPLIANCE WITH THE TRAFFIC REGULATIONS STVO

(see SpO § 22) The bike course is closed to car traffic in both directions. Nevertheless, the StVO applies to all participants in the EBERL Chiemsee Triathlon.

DRIVE ON THE RIGHT

You may only use the right lane. Oncoming traffic from the police, motorcycles, fire brigade, emergency vehicles or unexpected traffic must always be expected! Compliance with the right-hand drive requirement also ensures safe and fair overtaking. Cutting curves is strictly prohibited and will result in disqualification!

CUT-OFF

SWIM:

Olympic distance: 60 min.
Half distance: 75 min.

BIKE:

Half distance: 195 min.

Swim & Transition & Bike:

Half distance: 270 min.

RUN:

Half distance: 120 min.

total:

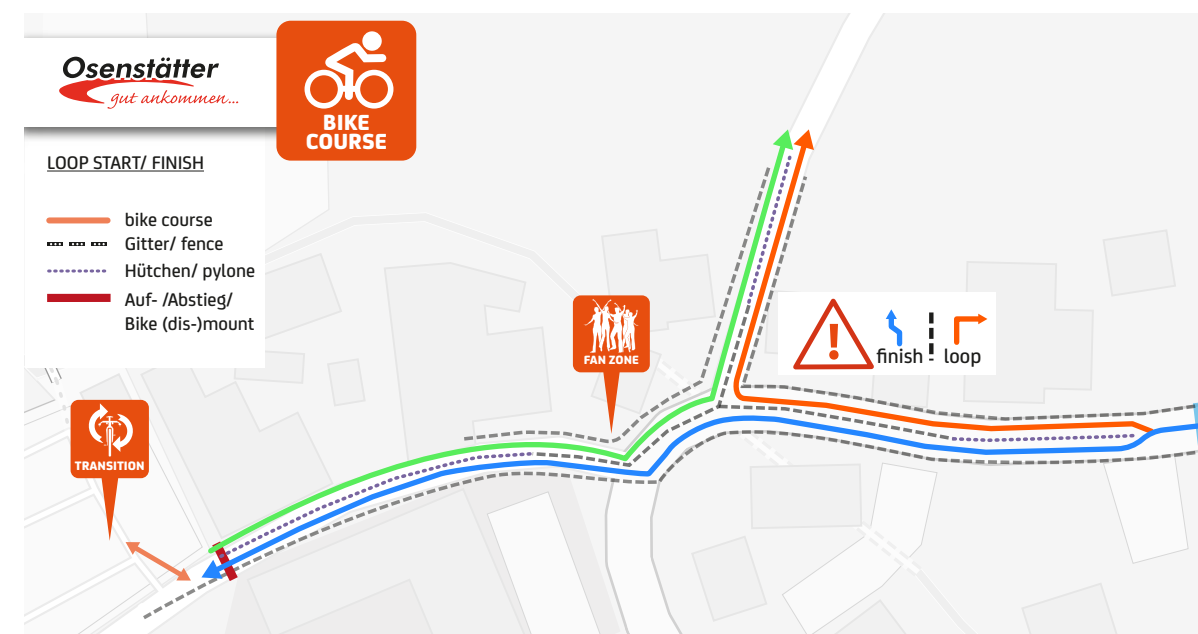
Olympic distance: 300 min.
Half distance: 390 min.



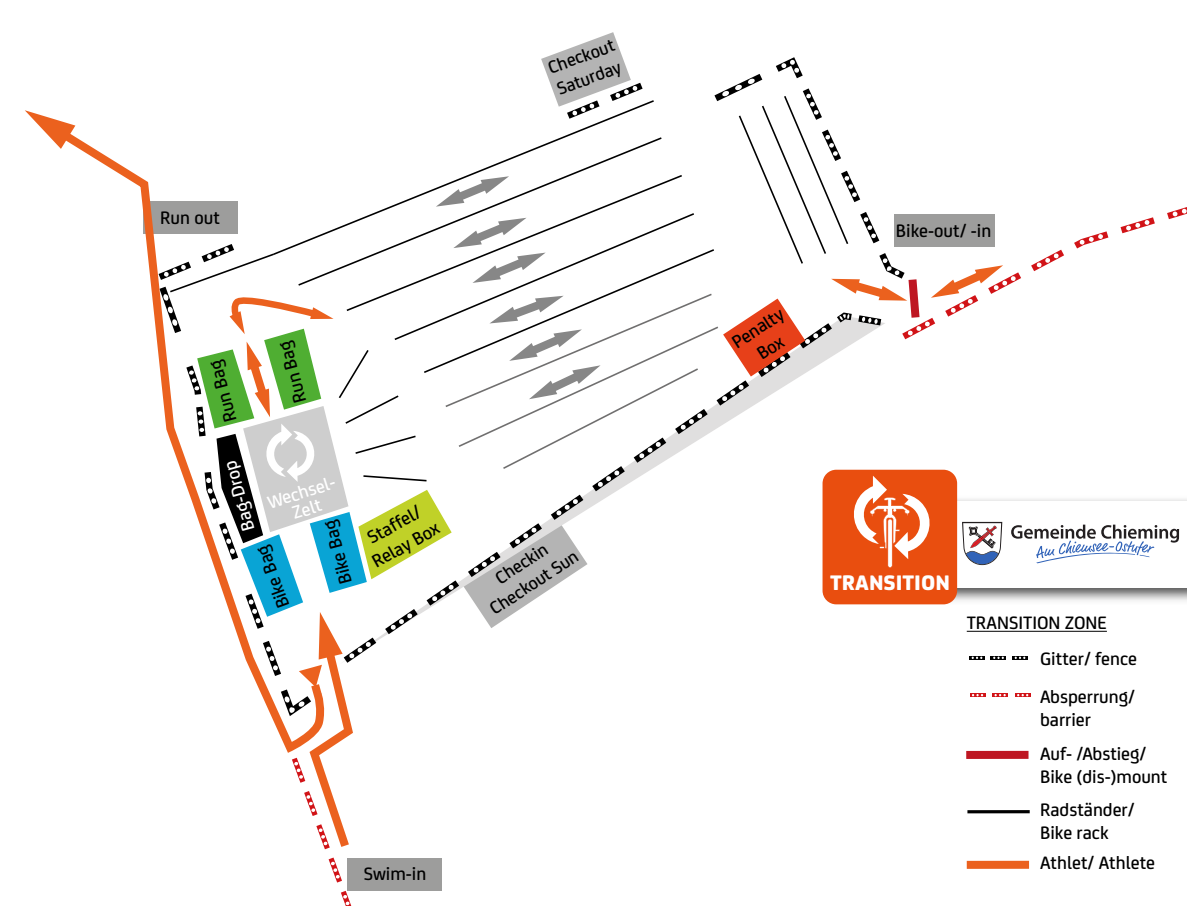
ATTENTION ATTENTION

CHIEMING BIKE TRANSIT

Saturday: In the area of Chieming, increased vigilance is required. Please adjust your speed and get in early. Be considerate of other participants!



TRANSITION ZONE



HALF DISTANCE

OLYMPIC DISTANCE

ARRIVAL & PARKING

Access to the car park is possible on Saturday until 4.00 pm Please plan enough time and note the information on page 13. It may not be possible to leave before the end of the race at around 9.00 pm.

REGISTRATION

- **Friday, 24 June 2022;** 6.30 pm – 8.00 pm
 - **Saturday, 25 June 2020;** 10.00 am – 1.30 pm
- Location: Finishline am Chiemseering, Chieming

CHECK-IN

- **Saturday, 25 June 2022;** 1.00 pm - 3.30 pm
- Transition zone parking area Markstatt / Dampfersteg

Please note the further information on the check-in process in the general information.

RACE BRIEFING

The race briefing will be emailed to you online.

OPENING TIMES TRANSITION ZONE

On Saturday the transition area is open for you from 1.00 pm. You can check in your transition

bags and your bike. You must have completed your preparations by 3.30 p.m. at the latest.

STREET WEAR

Drop off your street wear bag from 3.00 pm at the truck in the finish area.

START

- **Half distance individual & relay**
- Saturday, 25 June 2022; 4.30 pm

COURSE DISTANCES

2 km | 93 km | 20 km
1 lap | 31 laps | 4 laps

CHECK-OUT

Check-out is on Saturday, June 25th from approx. 9.00 pm - midnight. Afterwards, your bike will no longer be guarded! So please pick it up on time.

FLOWER CEREMONY

The flower ceremony for the Half distance (top 3 women & men) takes place at around 8.30 p.m. in the finish area.

ARRIVAL & PARKING

Access to the car park is possible on Saturday until 4.00 pm. Please plan enough time and note the information on page 13. It may not be possible to leave before the end of the race at around 9.00 pm.

REGISTRATION

- **Friday, 24 June 2022;** 6.30 pm – 8.00 pm
 - **Saturday, 25 June 2022;** 10.00 am - 1.30 pm
- Location: Finishline am Chiemseering, Chieming

CHECK-IN

- **Saturday, 25 June 2022;** 1.00 pm - 3.30 pm
- Transition zone parking area Markstatt / Dampfersteg

Please note the further information on the check-in process in the general information.

RACE BRIEFING

The race briefing will be emailed to you online.

OPENING TRANSITION ZONE

On Saturday the transition area is open for you from 1.00 pm. You can check in your transition bags

and your bike. You must have completed your preparations by 3.30 p.m. at the latest.

STREET WEAR

Drop off your street wear bag from 3.00 pm at the truck in the finish area.

START

- **Olympic distance individual & relay**
- Saturday, 25 June 2022; 5.00 pm

COURSE DISTANCES

1,5 km | 31 km | 10 km
1 small lap | 1 lap | 2 laps

CHECK-OUT

Check-out is on Saturday, June 25th from approx. 9.00 pm - midnight. Afterwards, your bike will no longer be guarded! So please pick it up on time.

FLOWER CEREMONY

The flower ceremony for the Half distance (top 3 women & men) takes place at around 8.30 p.m. in the finish area.



Infos unter
www.erdinger-active-team.de



WERDE JETZT TEIL DES TEAMS

BASIC-MITGLIEDSCHAFT

PERFEKT GEEIGNET, WENN DU MOTIVATION UND INSPIRATION ZUM ANFANGEN BRAUCHST.
Nur 2,00 € pro Monat *24€ jährl. Abbuchung

- Trainingsangebote in deiner Region
- Active.Point-Prämienprogramm Basic
- Verlosung von Startplätzen für kleinere Ausdauerents
- Chill-out-Area & TEAM-Support bei Großevents

PREMIUM-MITGLIEDSCHAFT

PERFEKT GEEIGNET, WENN DU AUF DER SUCHE NACH „MEHR“ BIST – OB SPASS, TEAMGEIST ODER BESTZEITEN.
Nur 4,50 € pro Monat *54€ jährl. Abbuchung

- Starterpaket im Wert von über 50 €
- Chancen auf Freistarts bei über 150 Events, u.a. BMW Berlin Marathon, BEMER Cycloclassics Hamburg, DATEV Challenge Roth
- Trainingsangebote in deiner Region
- Bis zu 30% Partner-Rabatte
- Active.Point-Prämienprogramm Premium
- Chill-out-Area & TEAM-Support bei Großevents
- Special Premium-Shop
- Gewinnspiele im Wert von bis zu 10.000 €

Jetzt Schnupper-Abo abschließen! 15 Euro für 6 Monate!

SIEGSDORFER
PETRUSQUELLE
Wir sind Chiemgau.

www.petrusquelle.de

THANK YOU! THANK YOU!

EBERL

WIR LEBEN LOGISTIK



CONTACT CONTACT

**WE ARE HAPPY TO HELP YOU
IN CASE YOU NEED MORE INFORMATION OR HAVE QUESTIONS**

Wechselszene Sven Hindl GmbH

Sven Hindl
Mühlhausen 3 1/2
D-92280 Kastl

Mobil: +49 (0)173 – 82 99 5 77
Email: info@wechselszene.com

CHIEMGAU TOURIST INFORMATION:

Chiemgau Tourismus e.V.

Leonrodstraße 7
D-83278 Traunstein

Telefon: +49 (0)861 - 90 95 90-0
Telefax: +49 (0)861 - 90 95 90-20

E-Mail: info@chiemgau-tourismus.de
Internet: www.chiemgau-tourismus.de

FOLLOW US ON

