



**SUZUKI**  
**World Triathlon**  
**Championship Series**  
Sprint & Relay  
**HAMBURG 2025**  
presented by **HAMBURG WASSER**



Live and on-demand at  
**Triathlonlive.tv**

# Elite Athlete's Guide

12 - 13 July 2025

Hamburg, Germany

For more information visit [triathlon.org](https://www.competitions.com)

Version 6 – 8 July 2025

## World Triathlon Championship Series

Abu Dhabi | Yokohama | Alghero | **Hamburg** | French Riviera | Karlovy Vary | Weihai | Wollongong Finals



# TABLE OF CONTENT

WELCOME TO HAMBURG .....	4
1. EVENT SCHEDULE .....	7
2. GENERAL INFORMATION .....	10
KEY CONTACTS .....	10
EVENT ORGANIZER .....	10
TV COVERAGE .....	10
RACE BRIEFING .....	11
RACE PACKAGE DISTRIBUTION .....	11
COURSE MEASURING .....	11
COURSE FAMILIARIZATIONS .....	11
3. HAMBURG RACE VENUE.....	12
ELITE ATHLETES LOUNGE .....	12
DOPING CONTROL.....	12
MEDICAL SERVICES.....	13
SPECIALIZED BIKE MECHANIC SERVICE .....	13
4. SHUTTLE SERVICE & HOTEL.....	15
SHUTTLE SERVICE.....	15
OFFICIAL RACE HOTEL .....	15
5. TRAINING .....	16
SWIM TRAINING - OUTDOOR .....	16
SWIM TRAINING – INDOOR.....	16
FITNESS TRAINING .....	16
BIKE TRAINING .....	17
RUN TRAINING .....	18
6. FIELD OF PLAY (FOP) .....	19
7. QUALITY & WEATHER.....	25
8. COMPETITION RULES.....	27
9. ACCREDITATION.....	27
10. VISA PROCEDURE .....	28

# WELCOME TO HAMBURG

## WELCOME LETTER – CITY OF HAMBURG

### WELCOME TO HAMBURG

Dear Athletes, Dear Triathlon Enthusiasts,

On behalf of the Senate of the Free and Hanseatic City of Hamburg, I kindly welcome you to the SUZUKI World Triathlon Hamburg presented by HAMBURG WASSER. Since the first triathlon in Hamburg in 2002, this event – now in its 23rd edition – has become a permanent fixture in Hamburg's sporting calendar. Many of the former "rookies" have now become true triathlon fans.



The diverse competitions of the SUZUKI World Triathlon Hamburg presented by HAMBURG WASSER continue to impress both Hamburg residents and our international guests: from the SUZUKI Kids Triathlon in Hamburg's city park to the open races, the German Championships in Paratriathlon, and the Elite Mixed Team Relay World Championship. This triathlon is an exceptional example of how sport can bring people together in the spirit of our Active City strategy, creating a true sense of community.

The varied course offers breathtaking highlights: right in the heart of Hamburg, the swim takes place in the Alster, the bike route passes famous city hotspots toward the Elbe, and the run leads along the Outer Alster. A spectacular finish on the Rathausmarkt will provide unforgettable sporting moments for both athletes and spectators.

An event of this scale requires successful collaboration among many different parties. My special thanks goes to everyone who has once again made the 2025 triathlon possible: the organizers, service providers, all the city's contributors, and the many dedicated volunteers. Whether as a spectator or participant, your enthusiasm along the course will once again make the SUZUKI World Triathlon Hamburg presented by HAMBURG WASSER an unforgettable celebration of sport in our Active City.

I wish everyone exciting competitions along Hamburg's beautiful Elbe and Alster and a weekend full of variety.



Andy Grote  
Senator in the Ministry of Interior and Sports



## WELCOME LETTER - WORLD TRIATHLON

### A very warm welcome to the 2025 World Triathlon Championship Series Hamburg!

I am delighted to welcome the triathlon family back to this great city, one that has become so synonymous with our sport for well over two decades. This year will be my first WTCS Hamburg as World Triathlon President, and I am proud both for triathlon, in regard to what an established and outstanding race this has become on the calendar, and personally to be leading the sport into a new era in which it will continue to thrive.

The WTCS Hamburg weekend is always a magical one, and it is the coming together of the world's best athletes, the crowds, this great course and the impeccable organisation that creates these special occasions. The intense racing, the electric atmosphere and the promise of crucial Series points on the line as well as Mixed Relay world titles makes for a truly special recipe.

It is quite remarkable that for an unbroken run of 23 successive years, top-tier triathlon racing has taken over Hamburg. That is thanks to a Local Organising Committee that has shown their unwavering commitment to our sport and to delivering excellence for all the athletes involved. As we reach the halfway point of the season, its importance on the calendar remains as sharply felt as ever.

In 2025 we will also have the 13th edition of Mixed Relay action here, where the Olympic and World Champion Team Germany will undoubtedly receive a rousing reception when they take to the blue carpet on Sunday. What an unbelievable show they gave the world at Paris 2024, and what impressive World Champions they have been in recent years, truly raising the bar for the rest of the world to follow.

And Hamburg also continues to deliver the very best in Age-Group competition every year, providing thousands of athletes opportunities to race in the sport they love. It is precisely these occasions, the venues and the enduring partnerships that help triathlon to continue to grow.

My enormous thanks therefore go to the Local Organising Committee and the German Triathlon Union for all their hard work. To the city and its people, we are always grateful for your warm welcome, and to the hundreds of officials and volunteers on who we rely for their dedication to help stage these events.

The best of luck to the athletes, and I look forward to another outstanding weekend here at the World Triathlon Championship Series Hamburg!

Yours in sport,

Antonio F. Arimany  
World Triathlon President



## WELCOME LETTER - GERMAN TRIATHLON UNION

Dear athletes and spectators of the SUZUKI World Triathlon Hamburg presented by HAMBURG WASSER,

Welcome to the world's biggest tri! It is my great pleasure to welcome you all to Hamburg for this special weekend of sport – an event that has been an integral part of the international triathlon calendar for over two decades.

Every year, Hamburg stands for triathlon sport at the highest level, impressive performances, and an atmosphere that is second to none. While the athletes raise the roof with their performances, thousands of fans make the races unforgettable for everyone with their support and applause. You all contribute to making this weekend special once again.

I still fondly remember the magnificent World Championships in 2023 and also last year's event – both offered thrilling races, a fantastic atmosphere, and magical moments. This mix of a unique backdrop, top athletic performances, and national and international interest makes the SUZUKI World Triathlon Hamburg presented by HAMBURG WASSER a flagship event in German triathlon. This year, we can once again look forward to numerous highlights. The pros will be competing for points in the World Triathlon Championship Series, and in the Mixed Relay, Germany will be aiming to win the world title for the third time in a row.

Dear athletes, I wish you successful and fair races. May the unique atmosphere in Hamburg inspire you – as a reward for all the training and hard work you have put in. Be proud of your performance, which will inspire the next generation to get active themselves – in the water, on the bike, and in their running shoes.

Dear spectators, thank you for being here! Your enthusiasm on the sidelines is an indispensable part of this event. You make Hamburg the triathlon capital and create memories that will last a lifetime.

My thanks also go to our partners, sponsors, and all the helpers who make this sporting highlight possible year after year. I would like to take this opportunity to give special mention to the city of Hamburg, which provides a stage for this event that is unparalleled anywhere in the world.

I wish us all an inspiring, thrilling, and above all unforgettable triathlon weekend in Hamburg!



A handwritten signature in black ink, consisting of a series of loops and a long horizontal stroke.

Prof. Dr. Martin Engelhardt  
President of the German Triathlon Union

# 1. EVENT SCHEDULE

## Thursday, 10 JULY

10:30 – 12:00	Press conference	“Forum” Chamber of commerce
---------------	------------------	-----------------------------

## Friday, 11 JULY

11:00 – 19:00	Pick up start documents age group	Jungfernstieg
12:00 – 20:00	Expo	Jungfernstieg
14:15 - 15:00	Swim practice (sprint distance)	Binnenalster (Lombardsbrücke/Ballindamm)
17:00 – 19:00	Media center	„Merkurzimmer“ Chamber of Commerce
16:00 – 16:30	Race briefing	Inter City Hotel Dammtor
16:30	race package distribution elite athletes individual & mixed relay	Inter City Hotel Dammtor
16:30-17:00	Elite Team Medical Meeting	Inter City Hotel Dammtor
20:00	run course measurement coaches	Rathausmarkt

## Saturday, 12 JULY

08:00 – 08:30	Bike familiarization elite athletes	Rathausmarkt
08:00 – 12:30	Check in open race sprint distance	Corner Ballindamm / Alstertor
09:00 – 18:00	Pick up start documents (only standard distance)	Gänsemarkt
09:00 – 20:00	Expo	Jungfernstieg
09:30 - 13:20	Starts individuals/age group sprint distance	Alsteranleger
10:00 – 16:30	Shower, massage, medal engraving* age group	Rathausmarkt
10:30	First finisher age group sprint distance	Rathausmarkt
13:00 – 15:00	Early check out	Corner Ballindamm/Alstertor
13:30 – 15:00	Swim practice (standard distance)	Binnenalster (Lombardsbrücke/Ballindamm)
14:30 – 14:45	Medal ceremony sprint distance and Power&Pace trophy (top 3 total m/w)	Rathausmarkt
15:00 – 18:00	Check out transition area age group sprint distance	Corner Ballindamm/Alstertor
15:00 – 16:05	Men check in Athletes Lounge (specialized bike service)	Athletes' Lounge / City Hall Square
15:30 – 16:15	Transition area open elite men	Transition Area / City Hall Square



15:30 – 16:00	Medal ceremony company cup	„Börsensaal“ Chamber of Commerce
15:45	Last finisher age group sprint distance	Rathausmarkt
15:55-16:25	Swim-warm-up elite men (guided swim to start)	Kleine Alster (swim exit) or start area
16:35	Start elite athletes men	Start Area / Alsteranleger
17:26	Finish elite athletes men	Rathausmarkt
In connection to Finish elite men	Medal ceremony elite athletes men	Rathausmarkt
17:10 – 18:10	Women check in Athletes Lounge (specialized bike service)	Athletes' Lounge / City Hall Square
17:30 – 18:20	Transition area open elite women	Transition Area / City Hall Square
18:00-18:30	Swim-warm-up elite women (guided swim to start area)	Kleine Alster (swim exit) or start area
18:40	Start elite athletes women	Start area / Alsteranleger
19:35	Finish elite athletes women	Rathausmarkt
In connection to Finish elite women	Medal ceremony elite athletes women	Rathausmarkt

Sunday, 13 JULY		
05:15 – 10:00	Check in age group standard distance	Corner Ballindamm / Alstertor
6:30 – 10:10	Starts individuals age group standard distance	Alsteranleger
8:30	First finisher age group standard distance	Rathausmarkt
9:00 – 18:00	Expo	Jungfernstieg
10:00 – 12:30	Early check out	Corner Ballindamm / Alstertor
11:00-11:15	Final team declaration mixed relay	
12:00 – 13:10	Athletes Lounge Check-In Mixed Relay	Athletes' Lounge / City Hall Square
12:00 – 12:15	Medal ceremony standard distance and Power&Pace Trophy (top 3 total m/w)	Rathausmarkt
12:15 – 12:30	Medal ceremony german championship Paratriathlon standard distance	Corner Ballindamm / Alstertor
12:45 – 15:00	Check out transition area age group standard distance	Rathausmarkt
13:45	Last finisher age group standard distance	Rathausmarkt
13:50	Start elite mixed relay	Start Area / Kleine Alster
15:06	Finish elite mixed relay	Rathausmarkt
In connection to	Medal ceremony elite mixed relay	Rathausmarkt

finish elite mixed relay		
-----------------------------	--	--



## 2. GENERAL INFORMATION

### KEY CONTACTS

World Triathlon Team Leader	Kris Gemmell	kris.gemmell@triathlon.org
World Triathlon Technical Delegate	Aggeliki Thoma	aggelo007@gmail.com
World Triathlon Technical Delegate	Dag Oliver	dag.oliver@gmail.com
World Triathlon Technical Delegate	Holger Wackerhage	wackerhage@gmx.de
World Triathlon Medical Delegate	Dr. András Gályász	andrisgalyasz@yahoo.com +49 152 535 69 518
LOC Race Director / Operations Lead	Konrad Straube	<a href="mailto:straube@triathlondeutschland.de">straube@triathlondeutschland.de</a> +49 171 3552054
LOC Project Lead	Hanna Bilz	<a href="mailto:bilz@triathlondeutschland.de">bilz@triathlondeutschland.de</a> +49160 92484960

### EVENT ORGANIZER

German Triathlon Union, Otto-Fleck-Schneise 8, 60528 Frankfurt am Main

### TV COVERAGE

Race		
Elite Sprint (m) – ARD Broadcast	12th July	16:30 – 17:30
Elite Sprint (f) – ARD Live TV	12th July	18:15 – 19:40
Elite Mixed Team Relay - ARD Live TV	13 <sup>th</sup> July	13:45 – 15:10

## **RACE BRIEFING**

Elite athletes' briefing will take place on Friday July 11<sup>th</sup> at 16:00 local time in the Inter City Dammtor Hotel, 13<sup>th</sup> floor (St. Petersburger Straße 1).

It is mandatory for all athletes to attend the briefing.

The recording of the briefing and the presentation will be available after the session under the following Link [here](#).

## **RACE PACKAGE DISTRIBUTION**

Race package distribution will take place on Friday July 11<sup>th</sup> directly after the briefing.

Only accredited persons will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the competition area. All accredited persons are always requested to carry their accreditation with them and to show them upon request.

## **COURSE MEASURING**

The run course measurement for Coaches takes place on July 11<sup>th</sup> at 20:00h at Rathausmarkt. Any coach can measure the run course but needs to register at the race package distribution on Friday, 11 July 2025.

## **COURSE FAMILIARIZATIONS**

Bike course familiarization will take place on Saturday 12<sup>th</sup> July at 8:00 am. Start of bike course familiarization is at the transition area on Rathausmarkt.

The swim course familiarization will take place in the swim start area at Jungfernstieg on Friday 11<sup>th</sup> July, 14:15 – 15:00.

### 3. HAMBURG RACE VENUE



#### **ELITE ATHLETES LOUNGE**

Facilities including athletes' lounge and toilets are provided to the athletes at the finish area "Rathausmarkt". Sealed bottles of water, fruit and energy bars will be offered to the athletes before and after the race in the athletes' lounge.

#### **DOPING CONTROL**

Doping Control will be performed according to the TRI/WADA rules. Doping Control will be in the St. Petri church parish hall on the 2nd floor (address: Bei der Petrikirche 3a | 20095 Hamburg)

## MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the venue from July 11<sup>th</sup> until July 13<sup>th</sup> before and during the competition hours to everyone requiring medical assistance.

Medical and paramedical personnel from the Red Cross will be available throughout competition times. Several ambulances will be available to provide emergency transfer to the hospital. A medical tent will be provided on site at the finish area.

Potential medical assistance at the venue is free of charge. Any ambulance transport to or treatment in clinics must be paid by participants.

Athletes / teams should ensure that they have appropriate medical insurance.

## SPECIALIZED BIKE MECHANIC SERVICE

Our Bike Service Partner SPECIALIZED will offer a comprehensive bike mechanic service at the elite athlete's lounge.

Location	Date	Times
Check In Rathausmarkt	Saturday, July 12 <sup>th</sup>	15:00-16:00
	Saturday, July 12 <sup>th</sup>	17:05-18:05
	Sunday, July 13 <sup>th</sup>	12:00-13:10

You can also use the Bike Service of the Open Races on the 12<sup>th</sup> from 8:00-13:00 and 13<sup>th</sup> from 05:15-10:00 at the Open Race Check-In Alstertor.

Prior race day you can visit the Specialized store directly on Jungfernstieg 40. Minor repairs can also be carried out here at your own expense. Opening hours weekdays 10:00 – 19:00, Saturday 10:00 – 18:00.

## INFORMATION CENTER / LOC OFFICE

The LOC Office is located at the Handelskammer Hamburg (Adolphsplatz 1) and is open daily from Thursday, July 10<sup>th</sup> until Sunday, July 13<sup>th</sup> 2025.

Room: Alsterzimmer, 1<sup>st</sup> Floor

Contact: Leah Schröder

## Opening hours LOC Office

Thursday, July 10 <sup>th</sup>	10:00 – 18:00 h
Friday, July 11 <sup>th</sup>	10:00 – 18:00 h
Saturday, July 12 <sup>th</sup>	10:00 – 12:00 h
Sunday, July 13 <sup>th</sup>	10:00 – 12:00 h

# 4. SHUTTLE SERVICE & HOTEL

## **SHUTTLE SERVICE**

The LOC will provide free transportation for all elite athletes and their team officials from airport either to the Le Méridien or the InterCity Dammtor and back to the airport from Wednesday July 9<sup>th</sup> to Monday July 14<sup>th</sup>, 2025.

You must register for the shuttle service until July 1<sup>st</sup> (12am CET) 2025. Please provide all detailed flight information directly [here](#). Please fill out a separate form for each flight.

Please note: Athletes/ team Officials which are not registered for the shuttle service will not be transferred and must take a taxi or use train (S-Bahn S1) on their own costs. The LOC will NOT cover any costs for using taxi or train.

If you have any questions regarding the Shuttle Service please feel free to contact [schroeder@triathlondeutschland.de](mailto:schroeder@triathlondeutschland.de)

## **OFFICIAL RACE HOTEL**

We are pleased to offer special room rates for all elite athletes in our official race hotel Le Méridien Hotel in the city center. If you are interested in bookings, you are welcome to book here directly with the hotel:

### **CORNELIA PAHL**

Junior Manager – Event Operation Center  
T +49 40 2100 2044 F +49 40 2100 2029  
[cornelia.pahl@lemeridienhamburg.com](mailto:cornelia.pahl@lemeridienhamburg.com)

# 5. TRAINING

## **SWIM TRAINING - OUTDOOR**

### POSEIDON BAD

For outdoor swim training two lanes are reserved for elite athletes training (max. 20 athletes per time slot) at Poseidon Bad Hamburg (8.4km drive from city center):



*Freibad Poseidon Hamburg / Poseidon Bad,  
Olloweg 51, 22527 Hamburg*

No entrance fee for athletes! Please register online [here](#) from 1<sup>st</sup> June (10am CET) onwards. Please note that only booking is NO final confirmation. Always wait for confirmation via email. You can see the current booking status [here](#).

If you have any questions about the outdoor swim training, please contact [schroeder@triathlondeutschland.de](mailto:schroeder@triathlondeutschland.de) directly.

Thursday, 10 <sup>th</sup> July	09.00 – 12.00 h
Friday, 11 <sup>th</sup> July	09.00 – 12.00 h
Saturday, 12 <sup>th</sup> July	09.00 – 12.00 h
Sunday, 13 <sup>th</sup> July	09.00 – 12.00 h

## **SWIM TRAINING – INDOOR**

If you like to train indoors, we recommend the Bäderland indoor pools in Hamburg. Please find the locations here: <https://www.baederland.de/baeder/standorte/>

## **FITNESS TRAINING**

### OFFICIAL FITNESS CLUB “KAIFU LODGE”

Our partner KAIFU LODGE offers all elite athletes free training possibilities in the fitness club from the 9<sup>th</sup> – 13<sup>th</sup> of July.



*KAIFU LODGE - Bundesstraße 107 - 20144  
Hamburg Fon: +49 40 401281 [www.kaifu-lodge.de](http://www.kaifu-lodge.de)*



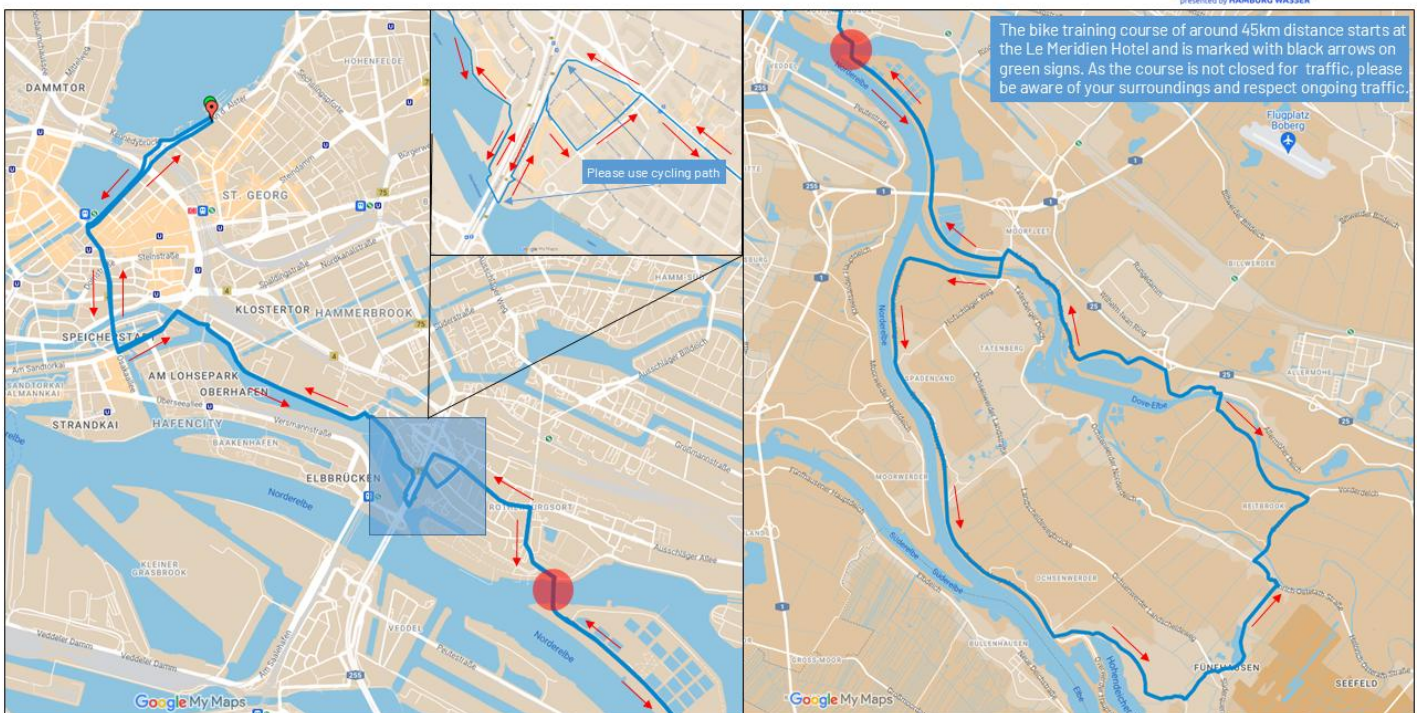
If you are interested, you can *register online* : [Register for Kaifu-Lodge training.](#)

## **BIKE TRAINING**

The bike training course of around 45km distance starts at the Le Meridien Hotel and is marked with black arrows on green signs. Signs will be in place by Monday 7<sup>th</sup> of July.

- *The route is not closed to traffic. You are cycling at your own risk.*
- *Please download a gpx-track or a kml-file [here](#).*

## **ELITE BIKE TRAINING COURSE 7<sup>th</sup> – 13<sup>th</sup> July 2025**



## RUN TRAINING

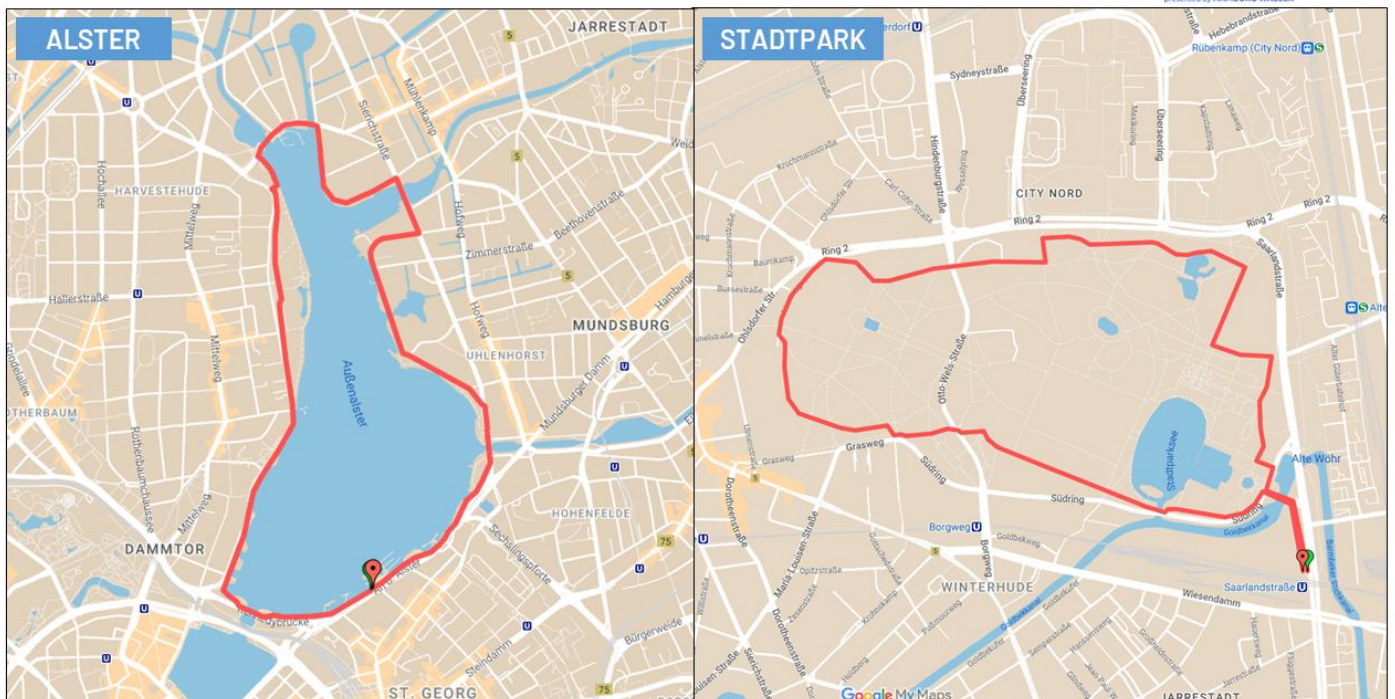
**OUTER ALSTER** The 7.3km lap offers a great view over the Outer Alster Lake.

- *The route is not closed to traffic, but mainly used by pedestrians and cyclists.*

**HAMBURG STADTPARK** The lap around the town park offers a 5.8km long trainings route via a forest path.

- *The route is not closed to traffic, but only used by pedestrians and cyclists*

## ELITE RUN TRAINING COURSE





# 6. FIELD OF PLAY (FOP)

## ELITE SPRINT DISTANCE

SATURDAY July 12<sup>th</sup>, 2025



### Start

The start area is at Jungfernstieg. Athletes will start from the quay along Jungfernstieg and stand in a starting position approximately 75cm wide. The Head Referee, assisted by WT Technical Officials, will start each race.

### Swim Course

There is one lap to swim. Please note, there is a rather dark tunnel of about 40m in length and 6m in width, which must be swum through once. The athletes are required to leave their last minute gear at the swim start inside a dedicated box, the LOC will carry those

bags back to the Athletes' Lounge.

The average water temperature in the "Alster" in mid-July varies between 15°C and 22°C. You will find recent information about water quality and temperature on the homepage: [Water Quality Results](#)

## Bike Course

Generally flat profile without noteworthy climbs. The route is technically demanding due to several changes of direction and tight turns. Very good tarmac surface. First runner - last biker scenario might occur; therefore, athletes might be taken out of the race by WT Technical Officials according to WT Rules.

## Wheel Stations

One wheel station will be located on the bike course – shortly after the exit transition area on "Mönckebergstrasse". The second wheel station will be located at the bus stop "Gänsemarkt" – at the 180° turn. Team wheels need to be checked during the bike check-in beforehand.

- Wheel station "Mönckebergstrasse": Please bring your own/team wheels!
- Wheel station "Gänsemarkt": Wheels will be provided by LOC

*2x 700c Front wheels, rim brake*

*2x 700c Front wheels, 160mm roter disc brake*

*2x 700c Front wheels, 140mm roter disc brake*

*2x 700c Rear wheels with 11speed cassette, rim brake*

*2x 700c Rear wheels with 11speed cassette, 160mm roter disc brake*

*2x 700c Rear wheels with 11speed cassette, 140mm roter disc brake*

*2x 700c Rear wheels with 12speed cassette, 160mm roter disc brake*

*2x 700c Rear wheels with 12speed cassette, 140mm roter disc brake*

## Run Course

The running course is also a flat route with a very good asphalt surface; a large part of the lap runs as an out and back course on Mönckebergstraße.

## Aid Stations

Aid stations are located on the run course at 0.2km and 1.25km. Sealed 0.5l bottles of water are ready to take.

## Littering Zone

Please note that we have installed a littering zone near the aid stations where you have to dispose your used bottles and waste (20m before and 80m after the aid station)!

## Penalty Box

Penalty Box is located left-hand side around 50m before Transition Area.

## ELITE MIXED RELAY

SUNDAY July 13<sup>th</sup>, 2025



### Team Declaration

The Team Manager's Meeting will take place on Saturday, 12th July from 20:00 - 20:30 in the Elite Athletes Area.

The final team declaration will take place on Sunday, 13th July from 11:00 – 11:15 in the Elite Athletes Lounge.

### Start

The start area is at "Kleine Alster". Athletes will start from a pontoon at "Kleine Alster" and stand in a starting position approximately 75cm wide. The Head Referee, assisted by WT Technical Officials, will start the race.

## Swim Course

There is one lap to swim. The turn is located after 140m. There is a rather dark tunnel of about 40m in length and 6m in width, which has to be swum through twice. Swim exit is at "Kleine Alster", too.

The athletes are required to leave their last minute gear at the Athletes' Lounge.

The average water temperature in the "Alster" in mid-July vary between 15°C and 22°C. You will find recent information about water quality and temperature on the homepage: [Water Quality Results](#)

## Bike Course

Generally flat profile without noteworthy climbs. The route is technically demanding due to several changes of direction and tight turns. Very good tarmac surface. Any athlete lapped will be removed along with the rest of the team.

## Wheel Stations

One wheel station will be located on the bike course – shortly after the exit transition area on "Mönckebergstrasse". The second wheel station will be located at the bus stop "Gänsemarkt" at the 180° turn. Team wheels need to be checked during the bike check-in beforehand.

- Wheel station "Mönckebergstrasse": Please bring your own/team wheels!
- Wheel station "Gänsemarkt": Wheels will be provided by LOC:

*2x 700c Front wheels, rim brake*

*2x 700c Front wheels, 160mm roter disc brake*

*2x 700c Front wheels, 140mm roter disc brake*

*2x 700c Rear wheels with 11speed cassette, rim brake*

*2x 700c Rear wheels with 11speed cassette, 160mm roter disc brake*

*2x 700c Rear wheels with 11speed cassette, 140mm roter disc brake*

*2x 700c Rear wheels with 12speed cassette, 160mm roter disc brake*

*2x 700c Rear wheels with 12speed cassette, 140mm roter disc brake*

## Run Course

The running course is also a flat course with a very good tarmac surface. There are two slightly different laps, each with a 180° turn; 1st lap: 0.8 km and 2nd lap: 0.95 km, i.e. 1.75 km in total.

## Aid Stations

There is one aid station located 200m after transition area. It will be passed twice. Sealed 0.5l bottles of water are ready to take.

## Littering Zone

Please note that we have installed a littering zone in close proximity to the aid stations



where you have to dispose your used bottles and waste (20m before and 80m after the aid station)!

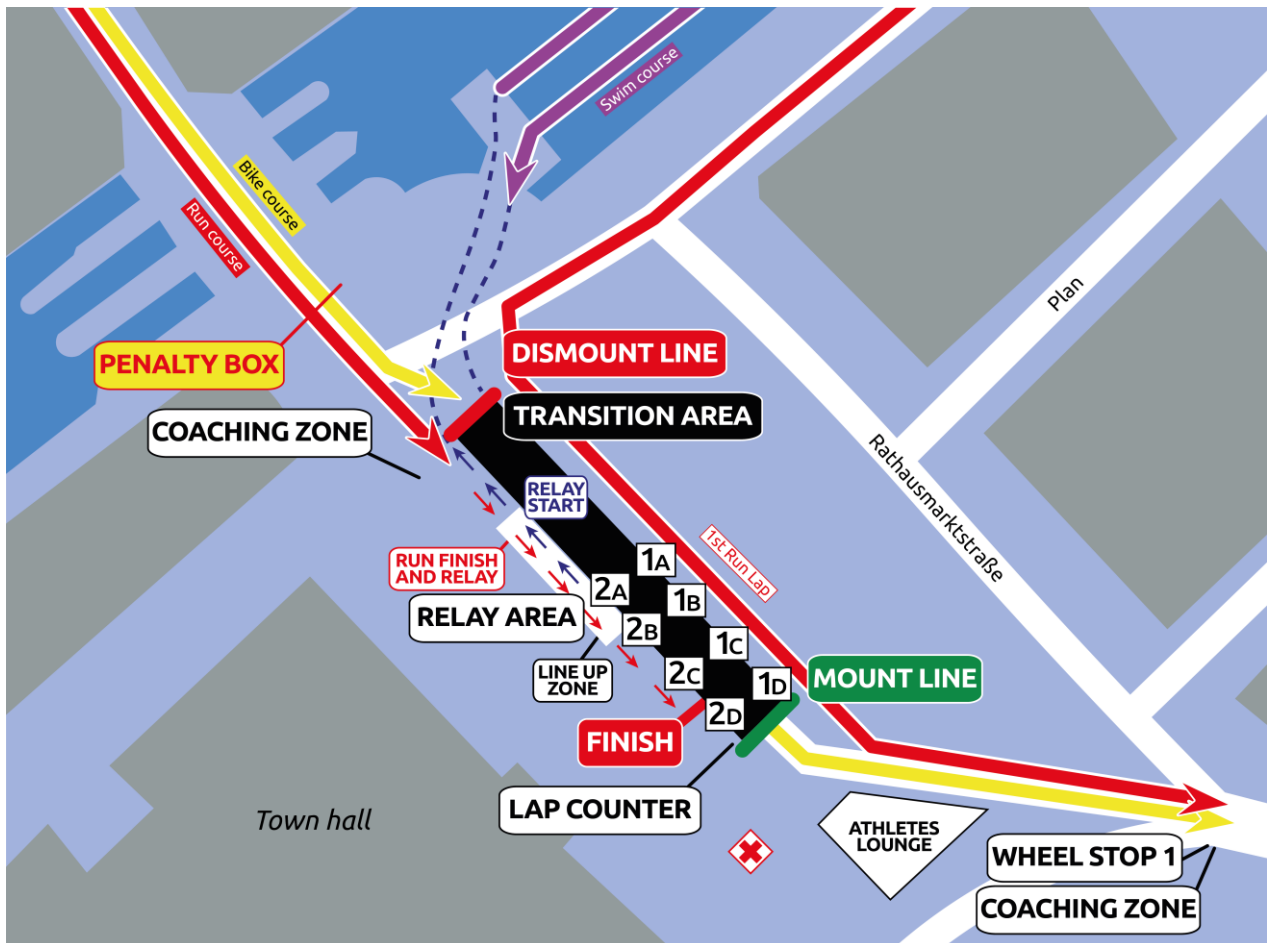
## Penalty Box

Penalty Box is located left-hand side around 50m before Transition Area.

## Relay Zone

The relay zone is located at the finish chute.

Flows at the relay zone:



# 7. QUALITY & WEATHER

## WATER QUALITY ANALYSIS

In preparation to the Hamburg Wasser World Triathlon, the water quality of the swim course is regularly monitored by the independent institute of hygiene and environment and must be accordingly to the official specifications of World Triathlon. Until the event weekend the measurements will be regularly published on the website. All measurements are due to be published two days after the water was tested. The water temperature is taken at the measuring station “Lombardsbrücke” where the temperature is constantly measured:

### Water Quality Results

#### **Latest results (03.07.2025):**

#### **Water temperature**

date of measurement	measuring points Ø	WT - Reference Values
13.05.2025	19,5 °C	-
03.07.2025	23,3	-

#### Faecal coliforms (E.coli) [in 100ml]

Date of measurement	BI20	BI30	Ka20	WT - Reference Values
13.05.2025	30	90	161	500 [1/100 ml]
03.07.2025	30	30	77	500 [1/100 ml]

#### Intestinal Enterococci [in 100ml]

Date of measurement	BI20	BI30	Ka20	WT - Reference Values
13.05.2025	<15	<15	<15	200 [1/100 ml]
03.07.2025	15	<15	<15	200 [1/100 ml]

#### pH-Figure

Date of measurement	BI20	BI30	Ka20	WT- Reference Values
13.05.2025	6,0	6,3	6,2	6 - 9
03.07.2025	8,4	8,4	8,1	6 - 9

Blue Algae[in µg/l]

Date of measurement	BI20	BI30	Ka20	WT - Reference Values
13.05.2025	<0,5	<0,5	<0,5	50 µg/l
03.07.2025	<0,5	<0,5	<0,5	50 µg/l

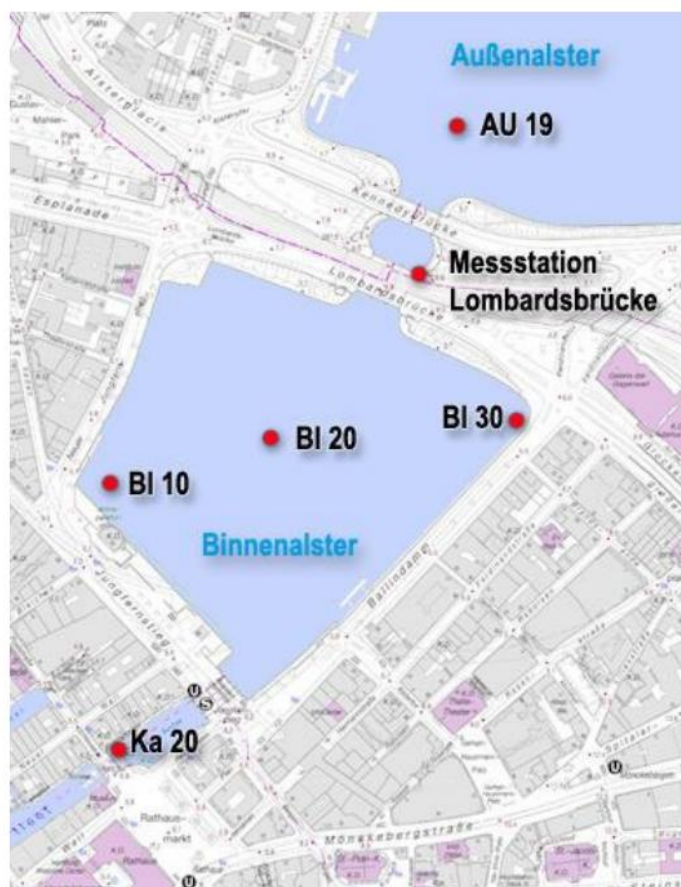
Please note: The figures will be updated prior to the event.

Measuring stations at Binnen- and Außenalster

**Ka 20:** Kleine Alster, oberhalb Rathauschleuse

**BI 20:** Binnenalster, Mitte

**BI 30:** Binnenalster, Ost



## WEATHER CONDITIONS

Thanks to maritime influence, the climate in Hamburg is moister and milder than Germany's inland regions. Average daily high in July is around 23°C, low around 13°C.

## 8. COMPETITION RULES

### **COMPETITION RULES**

The SUZUKI World Triathlon Championships 202 will follow the latest published Competitions Rules of World Triathlon:

[https://triathlon.org/about/downloads/category/competition\\_rules](https://triathlon.org/about/downloads/category/competition_rules)

### **RACE RESULTS**

Results will be uploaded live at the World Triathlon's official website:

<https://triathlon.org/results>

### **PROTEST & APPEALS**

Standard procedures will be followed according to the World Triathlon Competition Rules.

## 9. ACCREDITATION

LOC will provide all Athletes, Technical Officials, Journalists, etc. with an official accreditation card according to the World Triathlon Event Operational and Technical Requirements.

Accreditation cards for athletes will be handed out during the official registration in the Inter City Hotel. Coaches and Medical Staff will receive a wristband, which allows access to certain areas.

Only accredited people will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the competition area. All accredited people are requested to always carry their accreditation cards with them and to show them upon request.

### **ACCESS TO TRAINING FACILITIES**

Please register online for all relevant training facilities (Poseidon, KAIFU LODGE). You do not need to show your accreditations in Poseidon and KAIFU LODGE after registering online before.

## **ACCREDITATION CARD REQUEST**

All accreditation requests must be entered into the World Triathlon entry system by Sunday prior to race week. National Federation representatives and observers apply for accreditation by sending their request to World Triathlon. An application on the World Triathlon Online Entry System must be handled. Otherwise, no accreditation cards may be distributed.

## **10. VISA PROCEDURE**

Please mail all the required information (Visa Support Letter Information), if required for your entrance to the country of Germany, to German Triathlon Federation: Hanna Bilz, [info.hamburg@triathlond-events.de](mailto:info.hamburg@triathlond-events.de).

**OUR TEAM IS LOOKING FORWARD TO SEEING YOU IN  
HAMBURG ON  
12-13 JULY 2025!**

Information in this Athlete's Guide is subject to change without prior notice. Updates will be posted at the website  
<https://hamburg.triathlon.org/>

Any updated version of this Guide will be identified by the version number on the cover page.