



RACE BRIEFING

03rd of August 2025

Glücksburg

EVENT AREA



TIMETABLE

FRIDAY - SUNDAY

Friday, 01st of August 2025

12:00 hrs. – 19:00 hrs.	Registration	Registration
12:00 hrs. – 19:00 hrs.	Registration Quellental Charity Run	Registration
12:00 hrs. – 19:00 hrs.	Sport-Expo	Event area / Kurpark
17:00 hrs.	Welcoming the athletes & guests	Rudehalle
17:00 hrs. – 20:00 hrs.	Pasta-Party	Rudehalle
19:00 hrs. – 20:00 hrs.	Last Information Q&A	Rudehalle

Saturday, 02nd of August 2025

10:00 hrs. – 18:00 hrs.	Registration	Registration
10:00 hrs. – 14:30 hrs.	Registration Quellental Charity Run	Registration
10:00 hrs. – 18:00 hrs.	Sport-Expo	Event Area / Kurpark
14:30 hrs. – 18:00 hrs.	Bike Check-In and Bag drop-off	Transition zone: entrance long distance
12:00 hrs. – 15:00 hrs.	OstseeKids <i>powered by TriAs e.V.</i>	Promenade
17:00 hrs.	Quellental Charity Run	Promenade

TIMETABLE

FRIDAY - SUNDAY

Sunday, 03rd of August 2025

05:00 hrs. – 06:30 hrs.	Transition zone open: long distance	Transition zone long distance
06:20 hrs. – 06:30 hrs.	Warm up swim long distance	Left side next to the swim start
06:45 hrs.	Start OM long distance individual starter	Swim start beach Glücksburg
06:55 hrs.	Start OM long distance relay	Swim start beach Glücksburg
07:30 hrs. – 09:30 hrs.	Transition zone open: middle distance	Transition zone middle distance
08:45 hrs. – 09:00 hrs.	Warm up: swim middle distance	Left side next to the swim start
09:15 hrs.	Start 1. group OM middle distance	Swim start beach Glücksburg
09:25 hrs.	Start 2. group OM middle distance	Swim start beach Glücksburg
09:35 hrs.	Start 3. group OM middle distance	Swim start beach Glücksburg
09:45 hrs.	Start 4. group OM middle distance	Swim start beach Glücksburg
09:55 hrs.	Start OM middle distance relay	Swim start beach Glücksburg
10:00 hrs. – 18:00 hrs.	Sport-Expo	Event Area / Kurpark
21:55 hrs.	Finish	Finish Line
22:00 hrs.	Firework	Promenade Glücksburg

EXPO & MERCHANDISE

OstseeMan Merchandise & EXPO:

- Friday, 01st of August 2025: 12:00 hrs. – 19:00 hrs.
- Saturday, 02nd of August 2025: 10:00 hrs. – 18:00 hrs.
- Sunday, 03rd of August 2025: 10:00 hrs. – 18:00 hrs.

Location Expo: Kurpark

Location Merchandise:

Friday and Saturday in the registration

Sunday on the event area



REGISTRATION

Opening hours:

- Friday, 01st of August 2025: 12:00 hrs. – 19:00 hrs.
- Saturday, 02nd of August 2025: 10:00 hrs. – 18:00 hrs.
- **Location:** transition zone middle distance

You will receive:

- 1x Bike number
- 3x Helmet number
- 2x Tattoos
- 3x Transition bag (blue/yellow/black)
- 1x Swim cap
- 1x Transponder with velcro tape
- 1x Athletes bracelet
- 1x Athletes give away
- 1x Bib number

Please bring with you: Start passport, ID
signed release from liability*

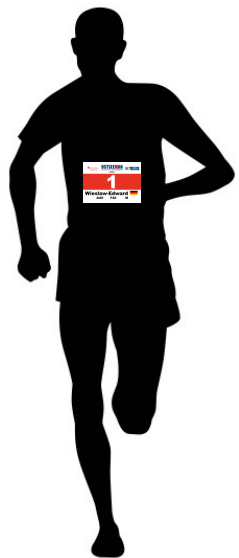
*Relays: each relay participant must have signed the document.



BIB NUMBER

Bib number

The bib number must be worn on the back during cycling and on the front during running.



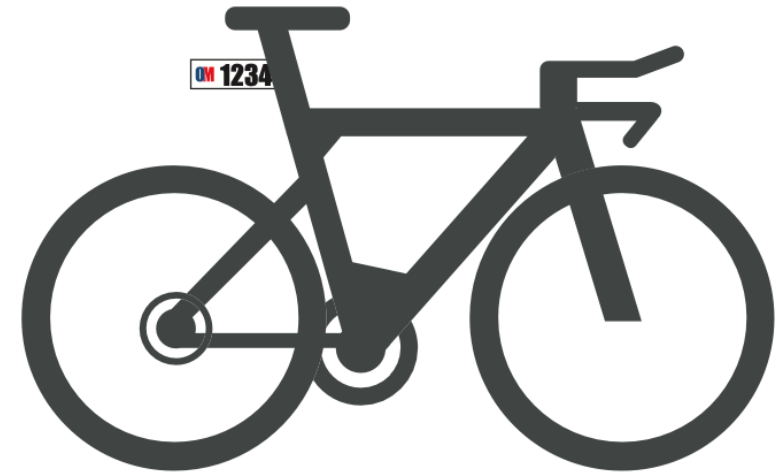
Helmet number

The helmet numbers must be taped on all sides (front, right, left) of the helmet.

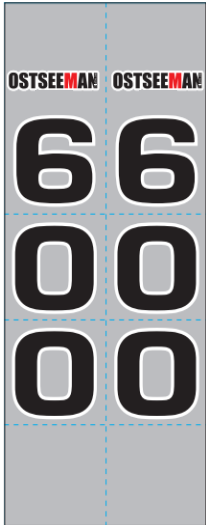


Bike number

The bike number must be attached to the seat post.



BIB NUMBER & BRACELET

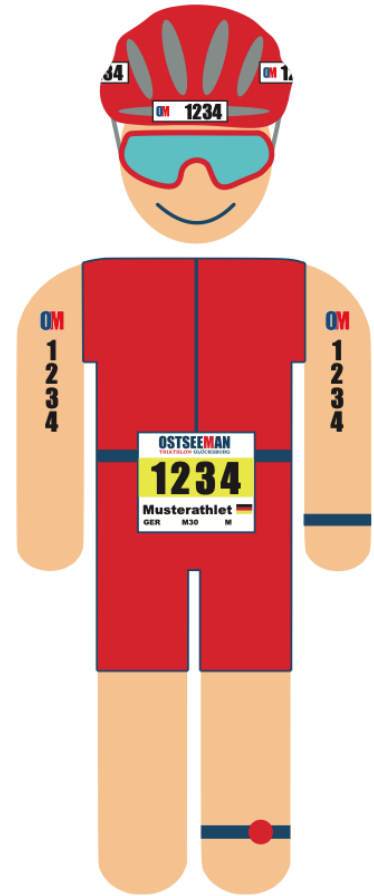


Tattoos

The bib number tattoos will be placed on the left and right arm. Exception: The relay participants each have one number on their right arm and also the X tattoo on their left calf.

Athletes bracelet

It must be worn continuously from the pick-up at the registration until the end of the event and is also your access authorization to Athlets-only-areas, the Pasta Party and the free bus shuttle.



SWIM CAPS

Wearing the official OstseeMan Glücksburg swim cap is mandatory. The starting groups are divided into the following starting cap colors:

- Long distance individual: RED
- Long distance relay: YELLOW
- Middle distance group 1: BLUE
- Middle distance group 2: GREEN
- Middle distance group 3: WHITE
- Middle distance group 4: ORANGE
- Middle distance relay: PINK



TRANSITION BAGS

The start numbers must be written on the transition bags independently!.

Transition bag SWIM – BIKE



Transition bag BIKE – RUN



Streetwear bag – AFTER RACE



Drop off & pick up:
Transition zone

Drop off & pick up: Streetwear tent at
the transition area MD

BLUE TRANSITION BAG

Transition bag SWIM – BIKE (blue)

Drop off: Saturday 14:30 hrs. to 18:00 hrs. during bike check-in in the transition area (entrance LD).

Access to the bag is given on race day **before the race** for final changes.

The blue transition bag will be hung on the transition bag stands **independently** by the athletes.

After the swim, the swimwear must be packed into the blue bag and then dropped off in the drop-off box next to the transition tent.

The blue transition bag must contain:

- Helmet with sticker (relay starters may deposit their helmet on the bike)
- Bib number
- cycling shoes (if they are not attached to the bike)
- Other cycling equipment (glasses etc.)



YELLOW TRANSITION BAG

Transition bag BIKE – RUN (yellow)

Drop off: Saturday 14:30 hrs. to 18:00 hrs. during bike check-in in the transition area (entrance LD).

Access to the bag is given on race day **before the race** for final changes.

The yellow transition bag will be hung on the transition bag stands **independently** by the athletes.

After cycling, the cycling equipment must be packed in the yellow bag and then dropped off in the drop-off box next to the transition tent.



BLACK STREETWEAR BAG

STREETWEAR bag – After Race (black)

Drop-off: Sunday morning before the race (05:00 hrs. – 09:30 hrs.) in the Streetwear tent.

Pick-up: The Streetwear bag must be collected independently after the race (13:00 hrs. – 22:10 hrs.) against presentation of the race number in the Streetwear tent.



OstseeMan Glücksburg does not take any responsibility for the items in the bag.

BIKE CHECK-IN

Bike Check-In: Saturday 14:30 hrs. to 18:00 hrs. at the entrance transition zone long distance.

The following items must be brought:

- Bike
(bike start number attached to seat post)
- Bicycle helmet
(three helmet stickers attached - front, left, right)
- Start number to wear
- Blue transition bag
- Yellow transition bag

Procedure Bike Check-In

- Put on helmet and close chinstrap
- Wear start number
- Place the bike in the bike stand according to the start number

The following items may only be deposited on the bike:

- Bike shoes in the pedals or in the blue bag
- Drinking bottle and food
- Relay only: helmet

ATTENTION!

CHANGES BIKE FITTING !

Attachments for handlebars, rear end, and top tube

The most important changes and clarifications are

Carried containers, in particular for drinks, tools, spare parts or food, must be made of unbreakable material and are permitted, including their attachment, subject to the following points.

In principle, the following applies ...

- ... the regulation for the rear from the seat post against the direction of travel
- ... the regulation for the top tube from the attachment of the movable part of the steering head to the seat post
- ... the regulation for the handlebars and all handlebar attachments from the movable part of the steering head in the direction of travel.

ATTENTION!

CHANGES BIKE FITTING !

Rear:

All attached holders, containers, bottle holders etc. must fit completely into an imaginary frame of 30x30cm. Bottles may protrude beyond this. A maximum of **two** bottles with a capacity of up to 1 liter each are permitted.

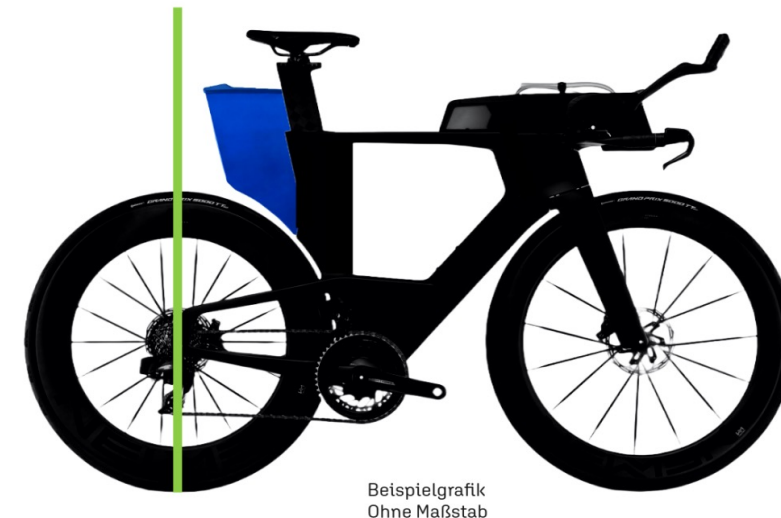
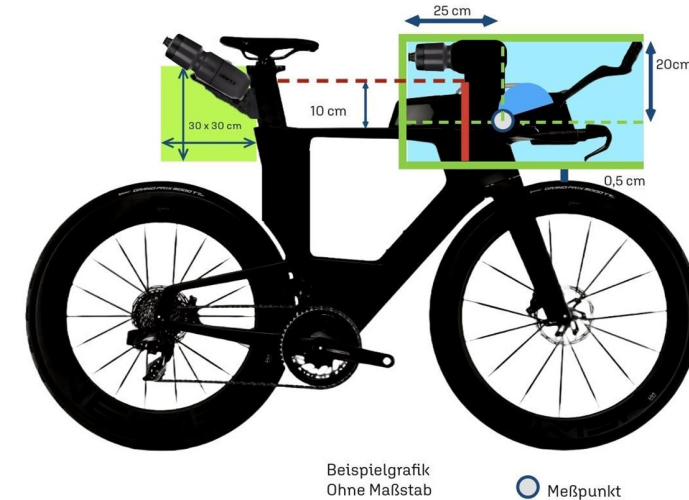
Tool boxes integrated in the frame (for storing tubes, CO2 cartridges, tire levers or other tools for repairs) are excluded from the imaginary 30x30 cm frame.

Exception rear:

Beverage systems integrated in the frame may

- be larger than 30 x 30 cm,
- contain no more than 2 liters in total,
- but may not protrude beyond the vertical line through the rear axle.

In addition, no attachments may be fitted in accordance with the rear regulation.



ATTENTION!

CHANGES BIKE FITTING !



Bottle holder in 30x30 cm frame with examples of tool/toolboxes integrated in the frame



See exception rear (integrated hydration system) here **no additional** bottle cages may be installed on the rear / saddle

ATTENTION!

CHANGES BIKE FITTING !

Top tube:

Everything that is attached to the top tube,

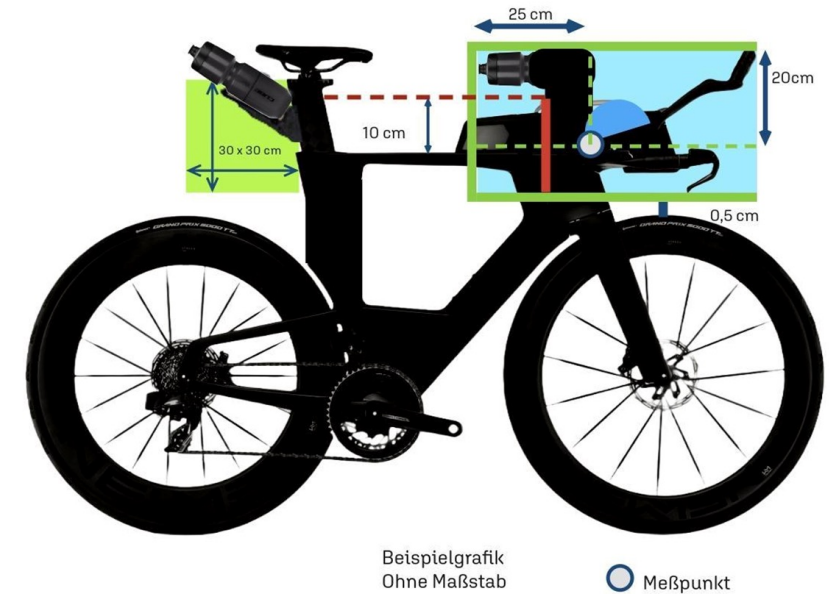
- may use the entire length,
- but may only be a maximum of 10 cm high measured from the upper edge of the top tube and
- no wider than the top tube itself.

In combination with attached, movable parts on the handlebars, there must be a joint and no part of the body may rest on parts of the frame construction or the attached parts.

Handlebars: Measured from the lowest edge of the elbow/arm support (if none is present, from the lowest edge of the athlete's elbow in the intended aero position), all attached objects on the handlebars or arm support (bottles, holders, containers, et cetera) must be within

- a maximum of 25 cm in the direction of the saddle and
- a maximum of 20 cm in height and
- a maximum of up to the foremost point of the handlebars or arm support and
- a maximum of 0.5 cm to the highest point of the front wheel

No part of the body may rest on the attached objects, bottles, holders, containers, etc. The arms must not be covered from above. A total volume of 2 liters is permitted.



ATTENTION!

CHANGES BIKE FITTING !

NOT PERMITTED



Bottle holders outside the 20x25 cm frame permitted if a bottle holder is removed or smaller bottles are used.

ATTENTION depending on the issue of the organizer.

NOT PERMITTED – NO USE OF ADHESIVE TAPES



Exceptions

- Masking the valve opening on disk wheels.
- Locking containers, e.g. tool box/bag.
- Securing and/or locking the handlebar ends.
- Attaching food and drink to the top tube provided that the height of 10 cm measured from the top edge of the top tube is not exceeded.
- Attaching or securing the start number.

ATTENTION!

CHANGES BIKE FITTING !

The following components are exempt from this regulation, but are still subject to the provisions of the Sporting Regulations § 23.2, 23.3 and 23.9

- Bike computer
- Bike computer holder
- Hand grips
- gearshifts

TRANSITION ZONE

- Access to the transition area is only allowed for athletes with an athlete wristband!
- The transition area has a separate entrance for the long distance in the **yellow** area of the transition area. The entrance for the middle distance is in the **pink** area of the transition zone. The separate entrance for the middle distance **is only valid on race day**. On Sunday morning, the middle distance transition area can **only be entered via this entrance**.
- Directly at the transition area entrance long distance there is a bike service, which is available for all athletes on Saturday and Sunday morning. A bike service will be available at the expo on Friday.
- Toilets are located in the long distance and middle distance transition areas.



TIMING

Timing Chip:

- The Timing Chip will be handed out at the registration with a matching Velcro strap.
- Each athlete must wear the timing chip on the left ankle on race day.
- Relay teams: The timing chip serves as a baton and is handed over in the middle distance relay in the relay changeover zone (signposted at the bike racks of the MD relay). In the long distance relay, the timing chip is handed over at the bike.
- After the race, the chip **must** be handed in at the bike check-out. The bike can **only** be taken away in exchange for the chip.
- Relay teams: the relay bikes can only be collected after the runner has handed in the timing chip, i.e. after the runner has crossed the finish line with his/her timing chip.
- If the chip is not handed in, the athlete will be charged 80€.



Leaderboard:

During the race, your companions can follow your race via the **live leaderboard**. The leaderboard is created by crossing the individual timing mats. During the race it is available at the following link: <https://time2win.at/event/654>

TIMING-CHIP DROP-OFF

Bike Check-Out & Timing-Chip Drop-Off:

- After the race, the chip **must** be handed in at the bike check-out. The bike can **only** be taken away in exchange for the chip.
- **Relay teams:** the relay bikes can only be collected after the runner has handed in the timing chip, i.e. after the runner has crossed the finish line with his/her timing chip.
- If the chip is not handed in, the athlete will be charged 80€.



TIMETABLE RACEDAY

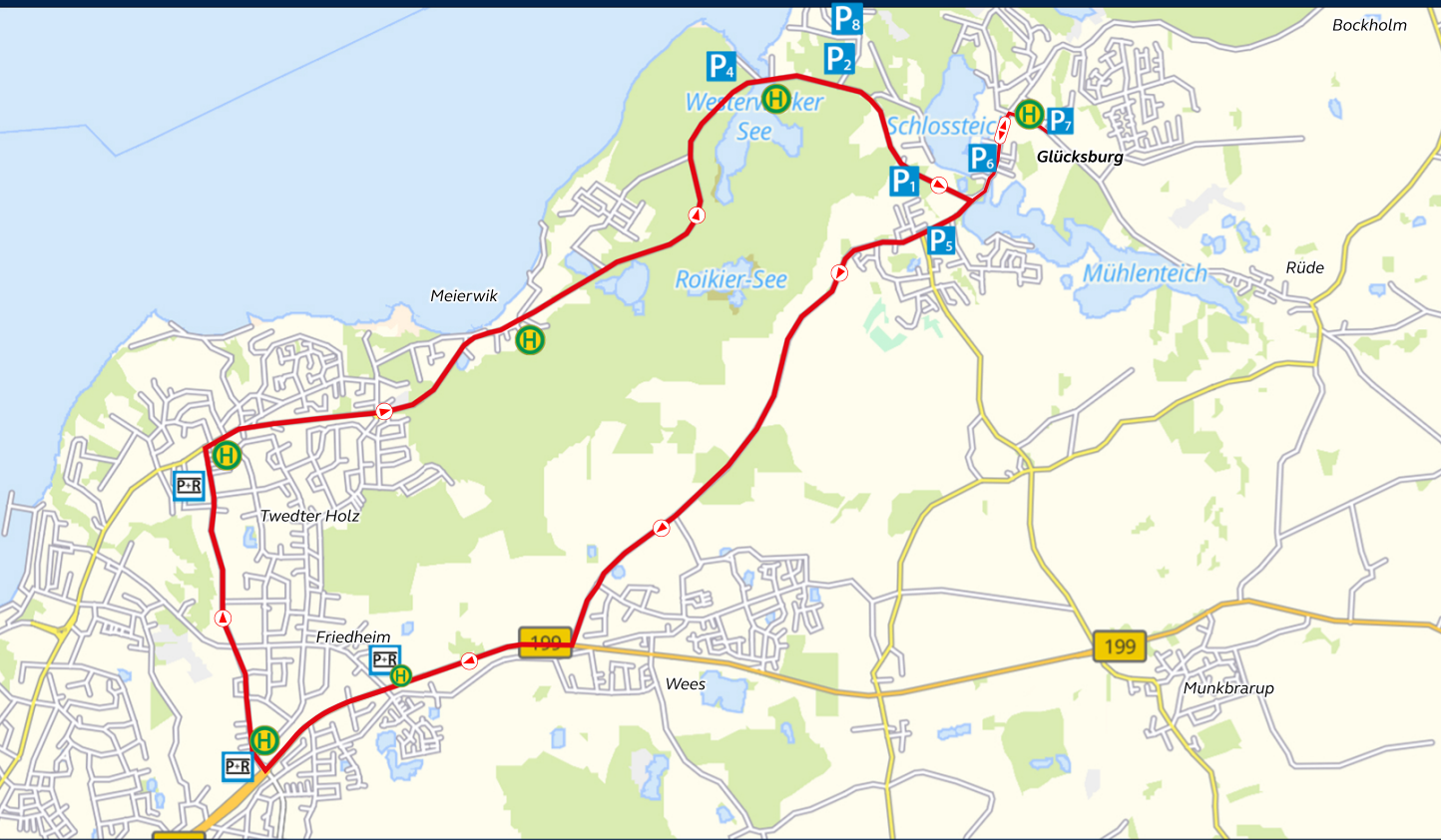
Sunday, 03rd of August 2025

05:00 hrs. – 06:30 hrs.	Transition zone long distance open	Transition zone long distance
06:20 hrs. – 06:30 hrs.	Warm up swim long distance	Left side next to the swim start
06:45 hrs.	Start OM long distance individual starter	Swim start beach Glücksburg
06:55 hrs.	Start OM long distance relay	Swim start beach Glücksburg
07:30 hrs. – 09:30 hrs.	Transition zone middle distance open	Transition zone middle distance
08:45 hrs. – 09:00 hrs.	Warm up swim middle distance	Left side next to the swim start
09:15 hrs.	Start 1. group OM middle distance	Swim start beach Glücksburg
09:25 hrs.	Start 2. group OM middle distance	Swim start beach Glücksburg
09:35 hrs.	Start 3. group OM middle distance	Swim start beach Glücksburg
09:45 hrs.	Start 4. group OM middle distance	Swim start beach Glücksburg
09:55 hrs.	Start OM middle distance relay	Swim start beach Glücksburg
10:00 hrs. – 18:00 hrs.	Sport-Expo	Event area / Kurpark
21:55 hrs.	Finish	Finish Line
22:00 hrs.	Firework	Promenade Glücksburg

BUS SHUTTLE

OSTSEEMAN
TRIATHLON GLÜCKSBURG

Shuttle-Bus
Sonntag, 04:30 - 22:30 Uhr



P&R Osterallee (Küstengarage)
P&R Schottweg (Famila)
P&R Twedter Plack (Supermärkte)

Haltestelle B199 / Kauslund
Haltestelle Famila
Haltestelle Twedter Plack

Alter Meierhof
Eventgelände
P&R & P7 ZOB Glücksburg

Haltestelle Meierhof
Haltestelle Uferstr. / FSC
Haltestelle ZOB

Shuttleroute
Direction
Parking
Shuttle

Shuttle-Bus

The shuttle bus will leave on Sunday at 04:30 hrs. - 22:30 hrs. from the surrounding parking facilities to the event area.

- Free of charge for athletes with athlete wristband
- 1,50€ for persons without wristband

P&R / Bus stops:

- P&R Osterallee - E. Frey Küstengarage / stop B199
- P&R Schottweg - stop Famila
- P&R Twedter Plack - Twedter Plack stop
- Old Meierhof
- Event area - exit Quellental (10 mins walkway to event area)
- P&R/P7 - ZOB Glücksburg (only suitable for leaving the city)

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BUS SHUTTLE

SHUTTLE BUS

Es verkehren bis zu drei Busse parallel. Diese sind in den Farben **Gelb**, **Grün/Blau** und **Rot** dargestellt.
 Athlet*innen können den Shuttle kostenfrei nutzen. (Akkreditierung durch Armband notwendig!)
 Besucher*innen zahlen pro Fahrt 1,50 EUR. Die angegebenen Zeiten sind die geplanten Abfahrtszeiten.
 In den Hauptfahrzeiten der Athlet*innen auf der Radstrecke von 11.00 Uhr bis 15.00 Uhr muss mit einem erhöhten Verkehrsaufkommen und Wartezeiten der Shuttle Strecke gerechnet werden.

GPS-Tracking

Scan den QR-Code &
 checke den aktuellen
 Standort der Shuttle
 Busse in Echtzeit.



Uhr	Osterallee (E.F. Küstengarage)			Schottweg (Famila)			Twedter-Plack (Edeka/Aldi/Rewe)			Alter Meierhof			Eventgelände			ZOB Glücksburg	
04:		34			40			48			55						
05:	04	34		10	40		18	48		25	55		35	05			
06:	04	34		10	40		18	48		25	55		35	05			
07:	04	24	44	10	30	50	18	38	58	25	45		35	05	55		
08:	04	24	44	10	30	50	18	38	58	25	45	07	35	55	17		
09:	04	24	44	10	30	50	18	38	58	25	45	07	35	55	17		
10:	04	24		10	30		18	38		25	45	07	35	55	17		
11:	04	34		10	40		18	48		25	55		35	05			
12:	04	34		10	40		18	48		25	55		35	05		45	14
13:	04	34		10	40		18	48		25	55		35	05		45	14
14:	04	34		10	40		18	48		25	55		35	05		45	14
15:	04	34		10	40		18	48		25	55		35	05		45	14
16:	04	34		10	40		18	48		25	55		35	05		45	14
17:	04	34		10	40		18	48		25	55		35	05		45	14
18:	04	34		10	40		18	48		25	55		35	05		45	14
19:	04	34		10	40		18	48		25	55		35	05		45	14
20:	04	34		10	40		18	48		25	55		35	05		45	14
21:	04	34		10	40		18	48		25	55		35	05		45	14
22:	04	34		10	40		18	48		25	55		35	05		45	14
23:														05			14

Änderungen & Verzögerungen im Zeitablauf vorbehalten.



P&R Osterallee

P&R Schottweg

P&R Twedter-Plack

Alter Meierhof

Eventgelände

ZOB Glücksburg



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 TRIATHLON GLÜCKSBURG

BEFORE THE RACE

Procedure:

Be there 75 to 90 minutes before the start.

You must have the following things with you:

- Timing chip
- Swim gear (wetsuit, goggles, swim cap)
- Streetwear bag (optional)

Check your bike and food.

The timing chip must be worn on the left ankle under the wetsuit.

Toilets are located in the transition area and in the DLRG beach building.

If you lose your timing chip or swim cap, please inform an official. Chips and caps are still available in the swim start area on race day.

INFORMATION

SWIM

Warm up swim:

- Long distance: 06:20 hrs. – 06:30 hrs.
- Middle distance: 08:45 hrs. – 09:00 hrs.

The swim-in area is located **to the left** of the swim start area.

Please leave the water quickly after the warm up swim.

For the swim start, each participant must cross the timing mat with his/her timing chip at the entrance of the start box. After entering this area every participant is checked in. Leaving the start area after checking in is not allowed!

Wearing the official swimming cap is mandatory!

The swim start will take place in each starting group with a mass start.

Wetsuits are allowed up to a water temperature of 24.5°C. The decision whether to swim with or without a wetsuit will be announced one hour before the race start in the transition area.

Athletes who swim from the side into the start area will not be registered and no timing can be done (disqualification).

If you need **help in the water**, put your arms up, wave clearly and then swim towards one of the rescuers.

Cut-off Swim:

Long distance – 2 hrs 10 mins

Middle distance – 1 hr 10 mins

SWIM COURSE

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Swim Course

Long distance: 2 loops à 1.9 km
Middle distance: 1 loop



Start times and swim cap colors:

- 06:45 hrs. Start OM long distance individual starters
- 06:55 hrs. Start OM long distance relay
- 09:15 hrs. Start 1st starting group OM middle distance
- 09:25 a.m. Start 2nd starting group OM middle distance
- 09:35 hrs. Start 3rd starting group OM middle distance
- 09:45 hrs. Start 4th starting group OM middle distance
- 09:30 hrs. Start OM middle distance relay

Course:

- After the land start straight ahead - after 250m turn right.
- 1 or 2 laps à 1,9 km clockwise
- Swim to the left of the orange buoys
- Shortly before the end of the lap there is a land boundary with a yellow buoy
- Shortcut leads to disqualification!
- No shore leave allowed!

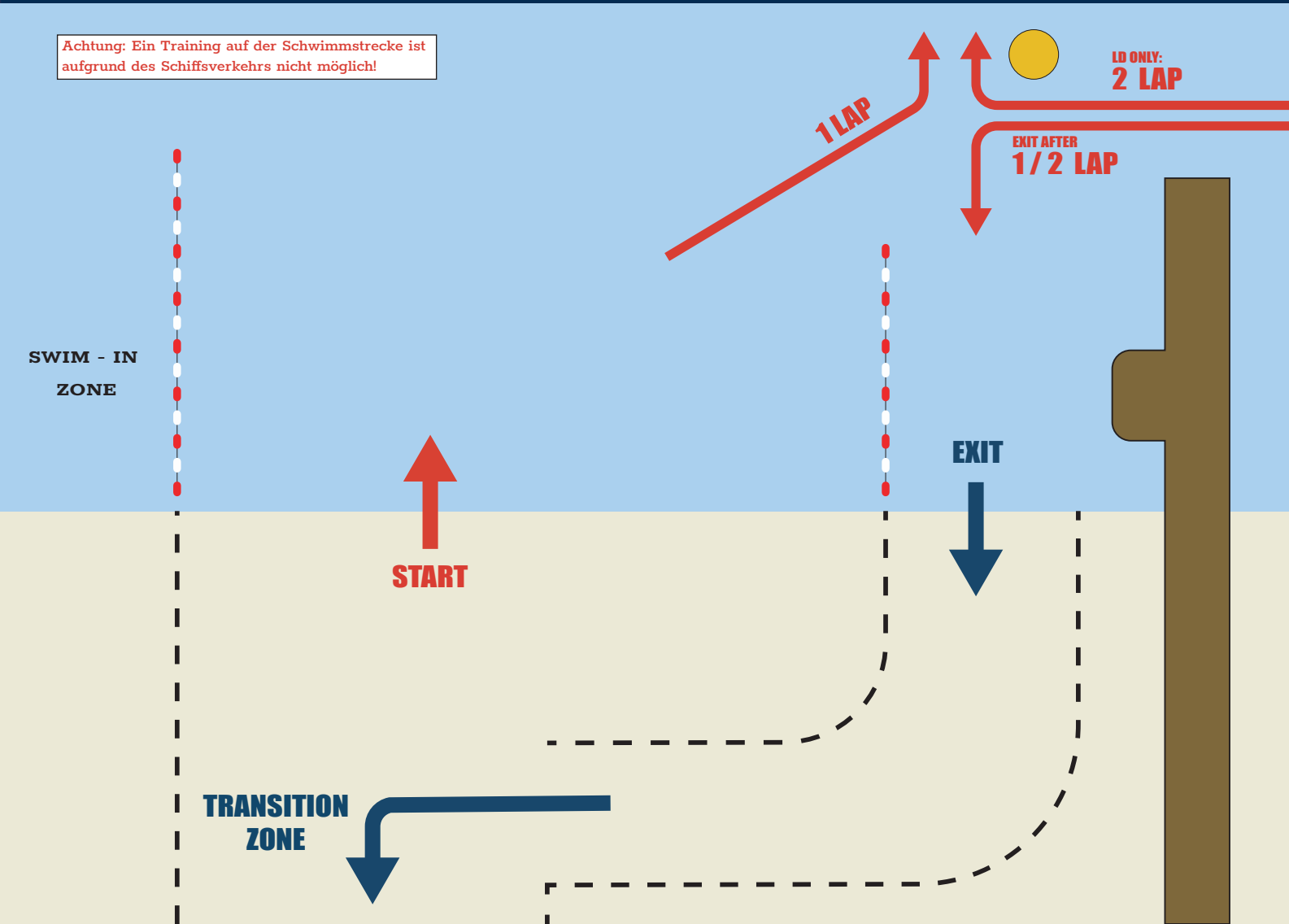
3.8 km | 1.9 km

20 km Distance X Catering TZ Transition
Direction Bouys

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SWIM COURSE EXIT

Achtung: Ein Training auf der Schwimmstrecke ist aufgrund des Schiffsverkehrs nicht möglich!



Swim exit middle- and long-distance:

All athletes swim past the pier to complete their last lap (MD 1 lap / LD 2 laps). To get to the exit, the athletes turn left directly behind the pier in the direction of the beach. The exit channel is marked off with a swimming chain. The exit channel is located between the swimming chain and the jetty.

The route from the beach to the transition area is signposted.

TRANSITION ZONE

SWIM - BIKE

All athletes middle and long distance.

Transition tent:

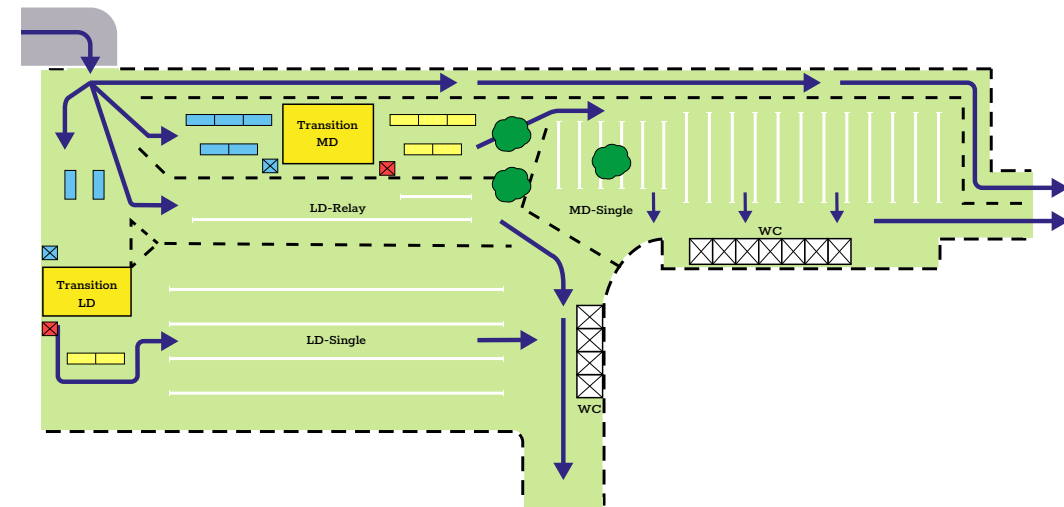
- The blue transition bag will be picked up in front of the transition tent.
- Changing is only allowed in the tents (Transition LD/MD on the picture).
- The wetsuit may only be taken off here and the complete swimming equipment then goes into the blue transition bag.
- Afterwards, the blue transition bag must be placed in the "drop off box" in the back of the change tent.

Before picking up the bike, the helmet must be put on and the chin strap must be closed. The bike must then be pushed behind the transition bar in front of the transition area before getting on the bike.

Cycling is **prohibited** in the transition area.

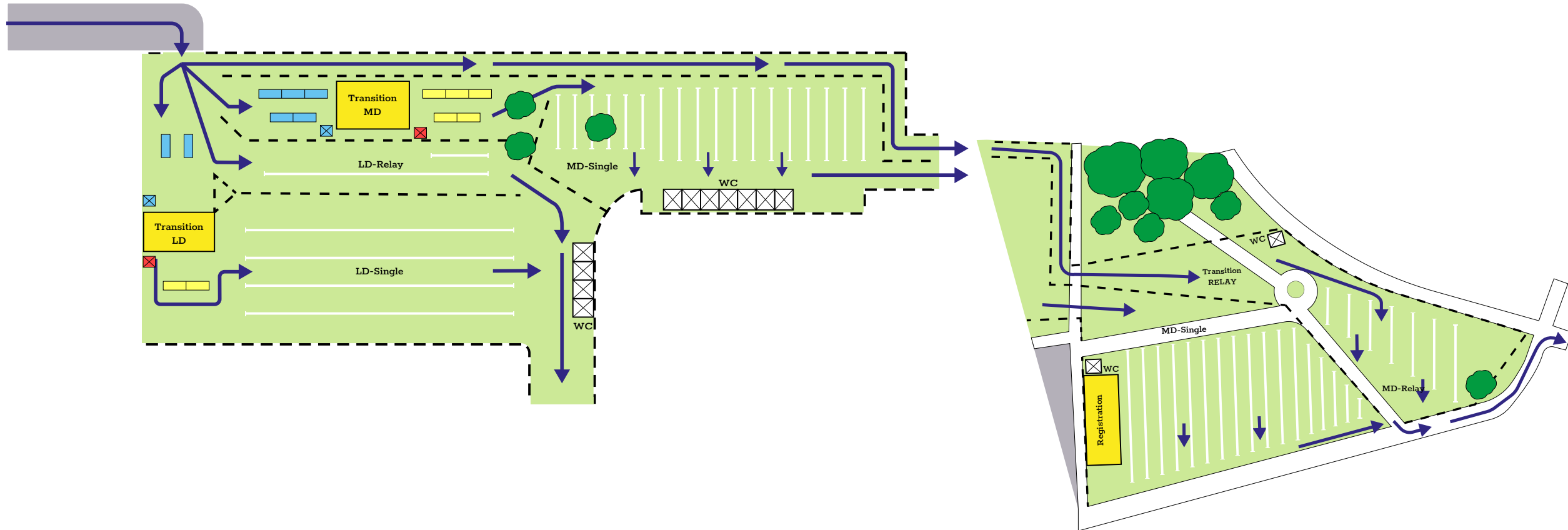
Relay:

Handover of the transponder chip (baton) takes place exclusively in the relay transition zone in the beginning of the transition zone.



TRANSITION ZONE SWIM - BIKE

Details



TRANSITION ZONE

RELAY middle distance

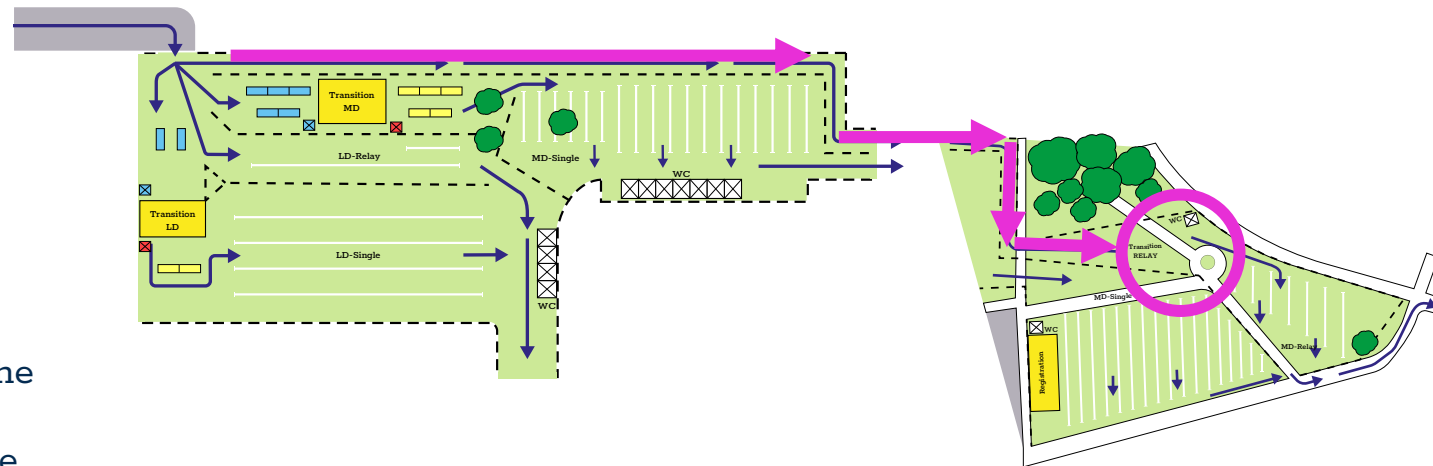
All relay athletes middle distance

Zone transponder handover:

- The timing chip on the ankle is the baton.
- The baton may only be handed over in the handover zone. The handover zone for middle distance athletes is located in the upper area of the middle distance transition zone (circled in pink) and is adequately marked and signposted on site.
- The swimmer must run along the path of the relay athletes up to the handover zone (pink arrows), where the cyclist waits without his bike. The timing chip is handed over here and the cyclist can then collect his bike.

Before picking up the bike, the helmet must be put on and the chin strap must be closed. The bike must then be pushed behind the transition bar in front of the transition area before getting on the bike.

Cycling is **prohibited** in the transition area.



TRANSITION ZONE

RELAY long distance

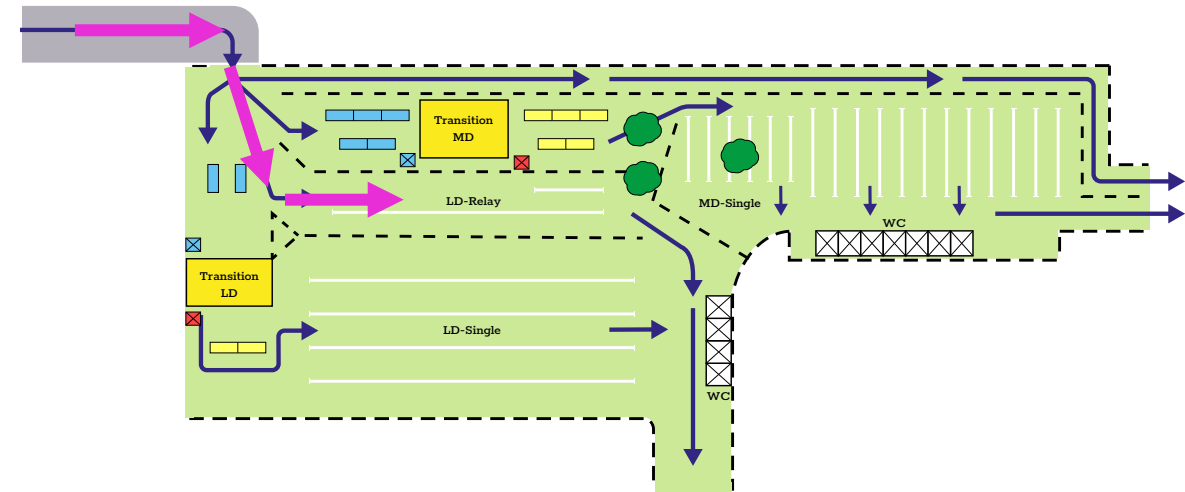
All relay athletes long distance

Zone transponder handover:

- The timing chip on the ankle is the baton.
- The baton may only be handed over in the handover zone. The handover zone for long distance athletes takes place at the bike.
- The swimmer runs through the transition zone entrance past the transition tent directly to the LD relay bike racks (pink arrows), where the cyclist waits at his bike. The timing chip is handed over here and the cyclist can then collect his bike.

Before picking up the bike, the helmet must be put on and the chin strap must be closed. The bike must then be pushed behind the transition bar in front of the transition area before getting on the bike.

Cycling is **prohibited** in the transition area.

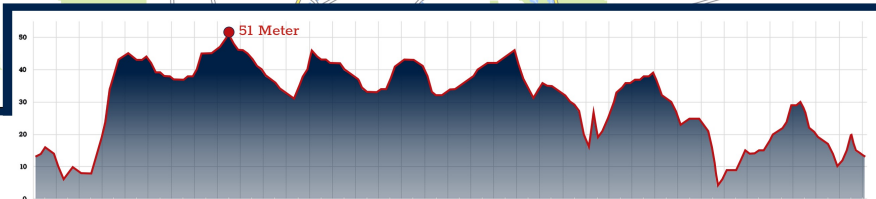


BIKE COURSE

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Bike Course

Long distance: 4 loops
Middle distance: 2 loops à 45 km



Penalty Box:

- One penalty box each is located at km 43.

Toilets:

- Munkbrarup School – VP1
- Brönstrup - Turning point
- Schweinewald - Penalty Box
- Sandwig Hill - VP2

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180 km | 90 km

BIKE COURSE

Behavior on the bike course:

- It applies on the entire route right-hand drive on the respective bike lanes and the StVO!
- Crossing the center line is not allowed.
- On the B199, the median strip serves as an emergency lane.
- Slipstream riding is prohibited.
- Blocking and restricting other riders is forbidden.
- 12m distance and 25 sec. to complete the overtaking process.

Signs:

The bike course contains few sharp turns, which are announced in time with signage of 300m, 200m, 100m and 50m.

Bike Service:

There will be **NO** mechanical support on the course. You should be able to help yourself in case of mechanical problems.

One vehicle from the Küstengarage and one service mobile will be placed on the course to pick up bikes and athletes in an emergency.

Cut-off Swim & Bike:

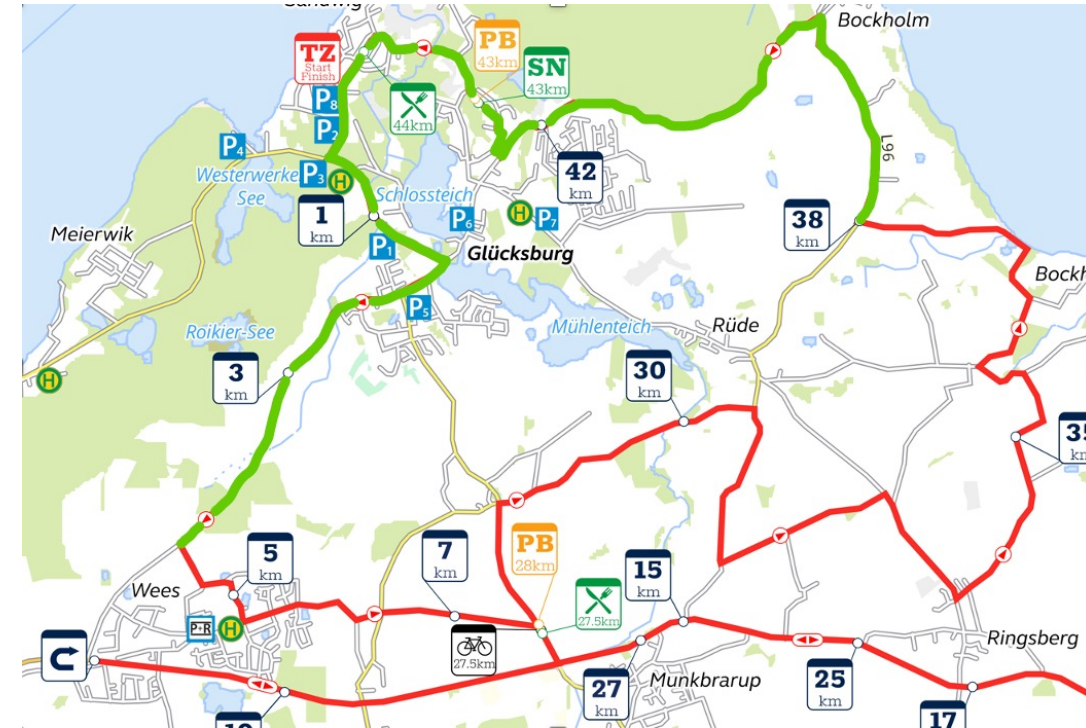
Long distance - 9 hours 30 minutes

Middle distance - 5 hours 30 minutes

BIKE COURSE

Traffic:

- In some sections of the route there will be traffic in the direction of travel (marked in green).
- When turning from the B199 to Bönstrup to the 2nd turning point there will be encounter traffic among the participants. To ensure your safety, there are traffic barriers in the middle of the curves. We ask you to refrain from overtaking here due to the width of the course and the safety of all athletes.



BIKE COURSE SIGNAGE

OSTSEEMAN
TRIATHLON GLÜCKSBURG



SHARP TURN

OSTSEEMAN
TRIATHLON GLÜCKSBURG

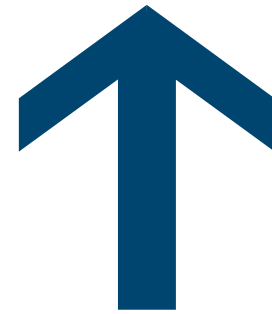


SHARP TURN

OSTSEEMAN
TRIATHLON GLÜCKSBURG

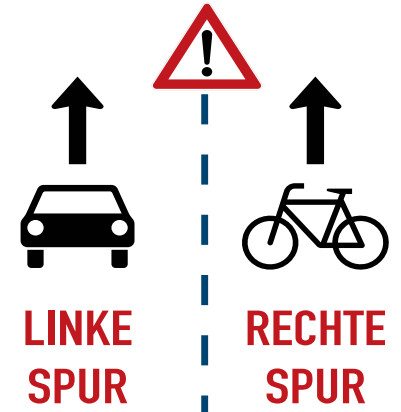
TURNING POINT
100
METER

OSTSEEMAN
TRIATHLON GLÜCKSBURG



BIKE COURSE

OSTSEEMAN
TRIATHLON GLÜCKSBURG



OSTSEEMAN
TRIATHLON GLÜCKSBURG

SHARP TURN
300
METER

OSTSEEMAN
TRIATHLON GLÜCKSBURG

BIKE END
300
METER

OSTSEEMAN
TRIATHLON GLÜCKSBURG

LD
BIKE
END

OSTSEEMAN
TRIATHLON GLÜCKSBURG

MD
BIKE
END

OSTSEEMAN
TRIATHLON GLÜCKSBURG

AID STATIONS BIKE COURSE

Aid Station 1 (Munkbrarup) – km 27 | 72 | 117 | 162

Drinks: Water & Squeezy Energy Drink

Food: Banana, Squeezy Energy Gel & Energy Bar



Special Needs – km 43 | 88 | 133 | 178

Self-supply point of the athletes (more information on the next page)

Aid Station 2 (Sandwig Hill) – km 44 | 89 | 134 | 179

Drinks: Water & Squeezy Energy Drink

Food: Squeezy Energy Gel & Energy Bar



SPECIAL NEEDS / SELF-SUPPLY POINT

Special Needs:

Self-catering is only allowed at the official self-catering points:

- Self-catering point - cycling: km 43 | 88 | 133 | 178

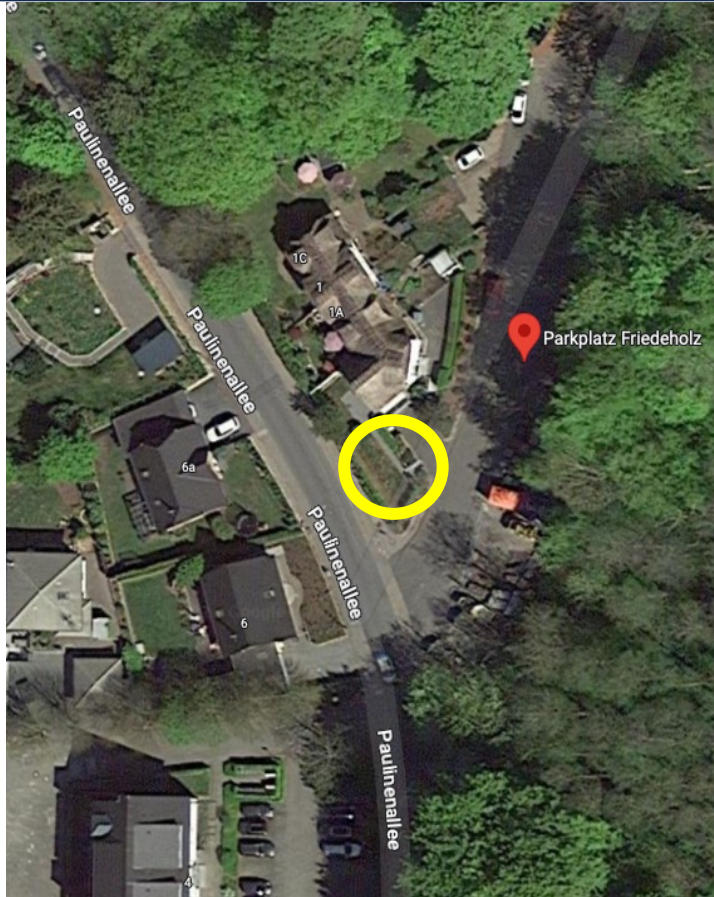
(next to the penalty box at the Schweinewald)

- Own refreshment point - running: km 6,5 | 13,5 | 20,5 | 27,5 | 34,5 | 41,5

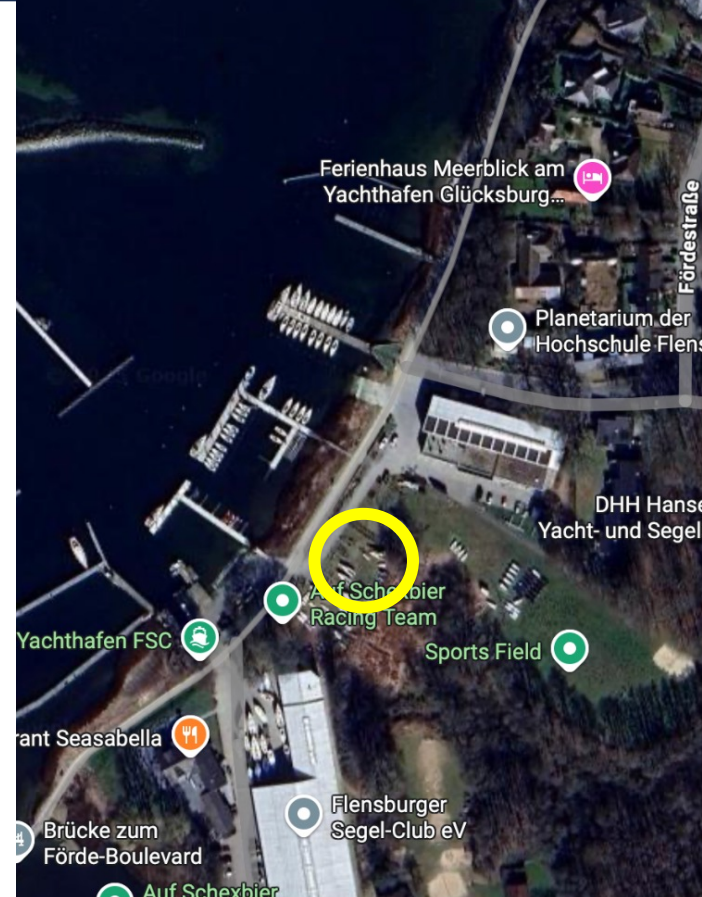
(next to the refreshment point Hanseatische Yachtschule)

The athlete is **solely responsible** for transporting, setting down and handing in. Handouts by coaches are only allowed within 10m before and after an official self-supply point.

SPECIAL NEEDS / SELF-SUPPLY POINT



Position Special Needs at
Schweinewald (Bike)



Position Special Needs at
Hanseatische Yachtschule
(Run)

AID STATIONS / WASTE DISPOSAL

Exchange and disposal of the bike bottles:

At each aid station, a new, already filled water bottle can be picked up and the old water bottle can be disposed of.

Used bike bottles may only be thrown into the designated collection containers at the beginning and the end of the aid stations!

Disposal of items:

Disposing of items outside of food service and throwaway zones (littering zones) is **prohibited**. The littering zones are signposted. Non-compliance will result in disqualification.



TRANSITION ZONE

BIKE - RUN

Long distance bike get off:
(lower part of the transition zone)

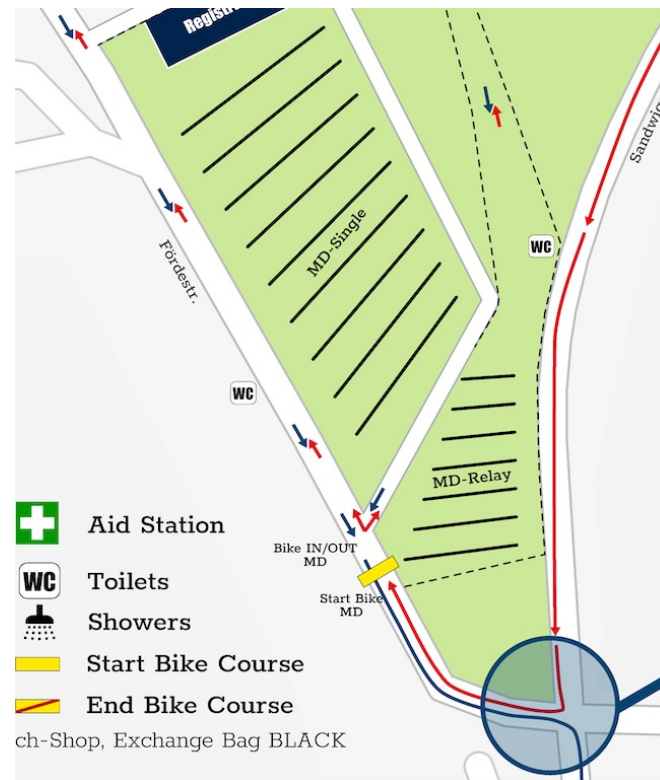
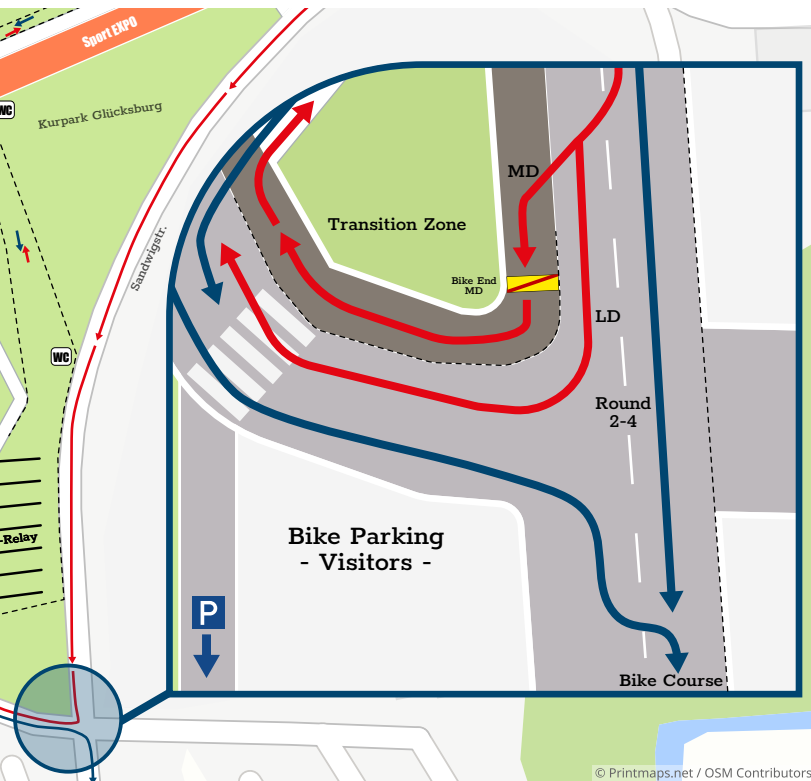


Single athletes long distance:

- Get off your bike **BEFORE** the transition bar at the entrance of the transition area.
- The bike will be placed in the bike stand by helpers.
- Take your **yellow** transition bag from the bag rack in front of the transition tents.
- Changing is only allowed in the transition tents.
- Put your bag in the "Drop Off Box" in the back of the tents.

TRANSITION ZONE BIKE - RUN

Middle distance bike get off
(upper part of the transition zone):



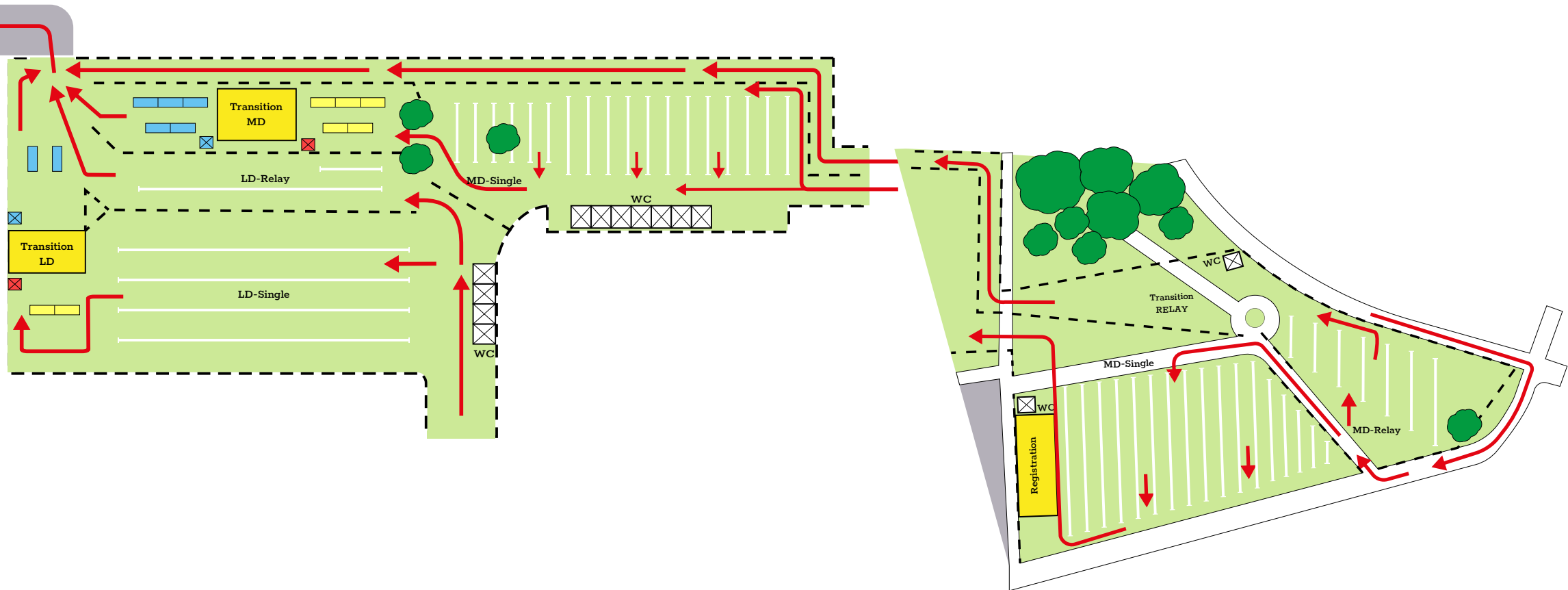
Single athletes middle distance:

- Get off your bike **BEFORE** the transition bar at the entrance of the transition area (after cycling).
- The bike will be taken from all long distance individual athletes to the bike stands.
- Take your **yellow** transition bag from the bag rack in front of the transition tents.
- Changing is only allowed in the changing tents.
- Put your bag in the "Drop Off Box" in the back of the tents.

TRANSITION ZONE

BIKE - RUN

Details



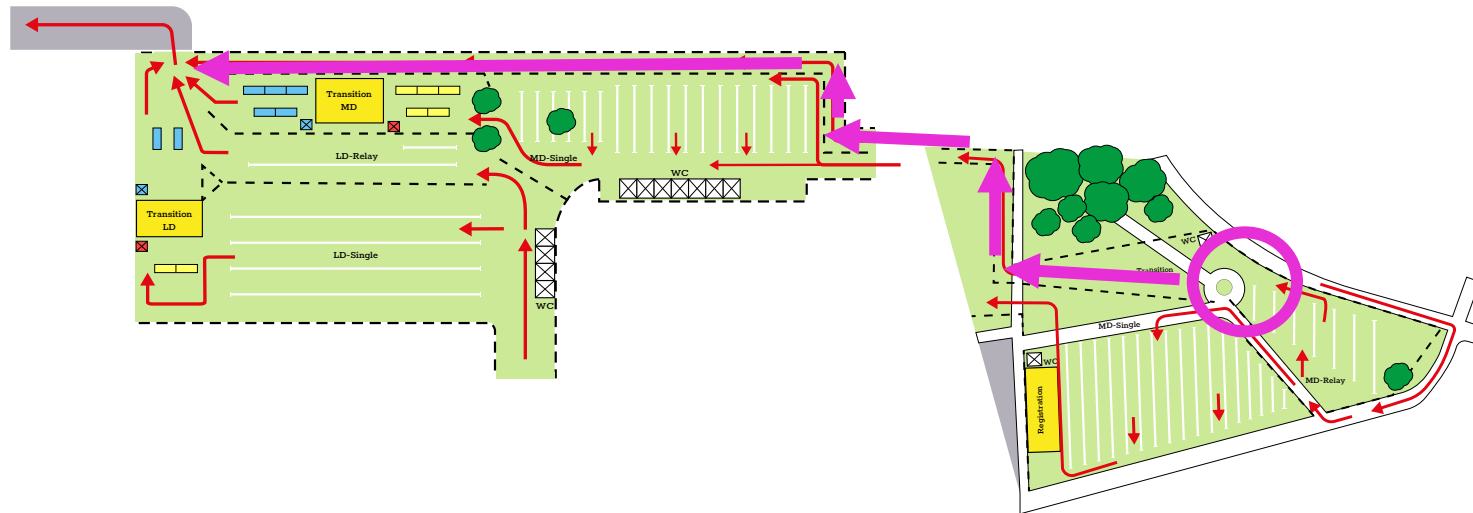
TRANSITION ZONE

RELAY middle distance

All relay athletes middle distance

Zone transponder handover:

- The baton may only be handed over in the handover zone. The handover zone for middle distance athletes is located in the upper area of the middle distance transition zone (circled in pink) and is adequately marked and signposted on site.
- The cyclist must first leave their bike at the bike stand and then run to the handover zone (pink arrows) where the runner is waiting. Here the timing chip is handed over and the runner can make their way down to the running course.



Cycling is **prohibited** in the transition area.

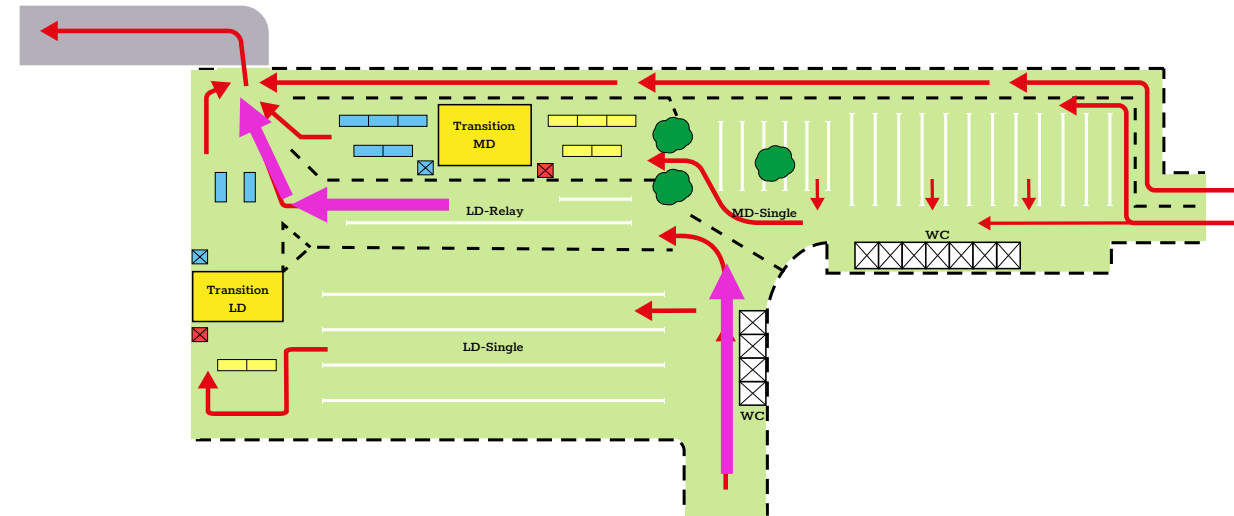
TRANSITION ZONE

RELAY long distance

All relay athletes long distance

Zone transponder handover:

- The timing chip on the ankle is the baton.
- The baton may only be handed over in the handover zone. The handover zone for long distance athletes takes place at the bike.
- The cyclist goes through the transition zone entrance directly to the LD relay bike racks (pink arrows), where the runner waits at the place of his bike. The timing chip is handed over here and the runner can then make his way out of the transition zone to the running course.



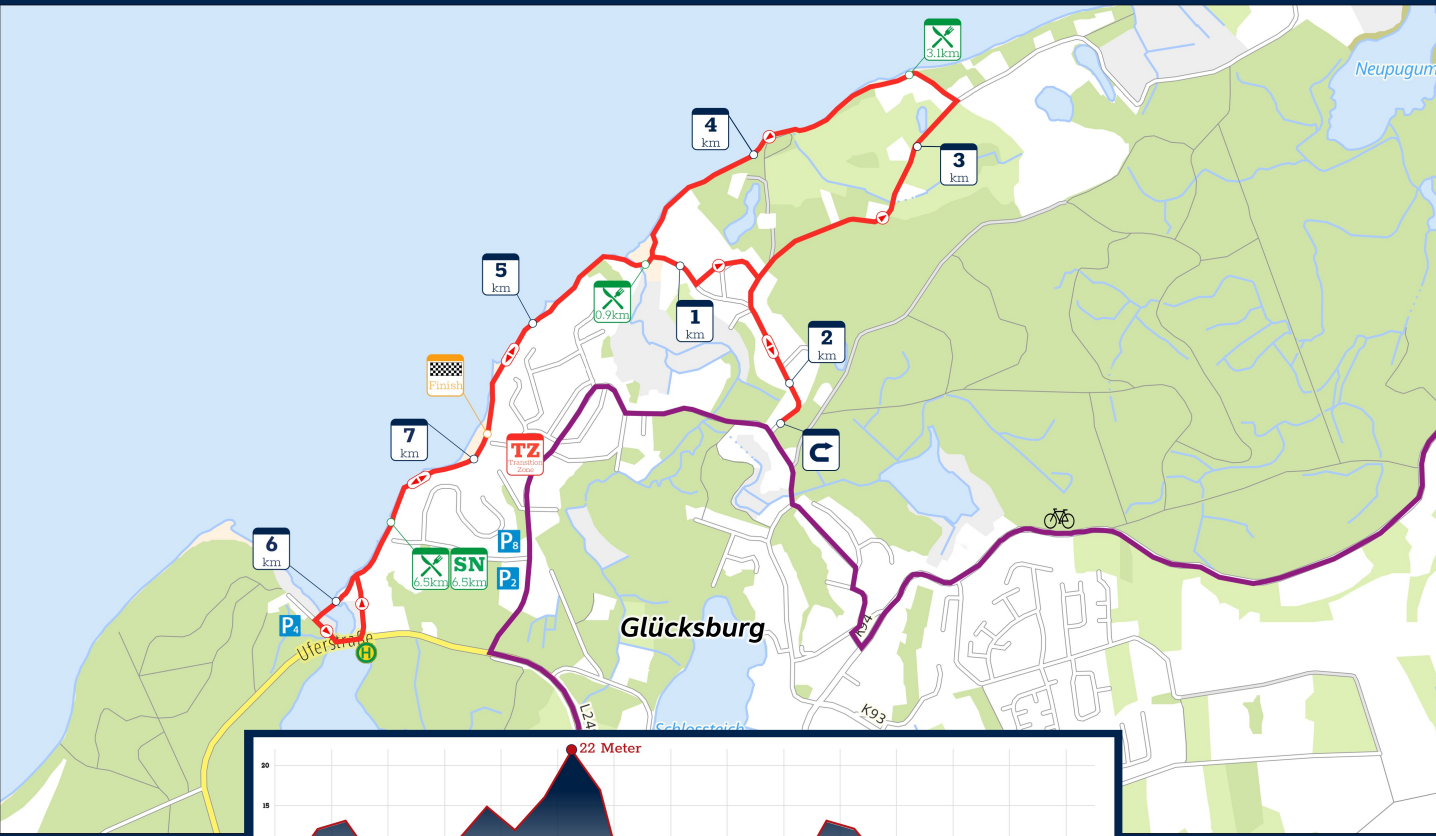
Cycling is **prohibited** in the transition area.

RUN COURSE

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Run Course

Long distance: 6 loops à 7.0325 km
Middle distance: 3 loops



42.1 $\frac{1}{2}$ km | 21.1 km

Lap bracelet:

Every time you start a new lap, volunteers will hand out a blue lap bracelet. It helps you to keep track of the laps.

Toilets:

VP1 (Beckerwerft) und VP3 (Hanseatische Yachtschule)

Cut-off Swim & Bike & Run:

Long distance – 15 hrs

Middle distance – 8 hrs

OSTSEEMAN
TRIATHLON GLÜCKSBURG

AID STATION RUN COURSE

Aid Station (Glückselig) – km 0,9 | 7,9 | 14,9 | 21,9 | 28,9 | 35,9

Drinks: Water



Aid Station 2 (Beckerwerft) – km 3,1 | 10,1 | 17,1 | 24,1 | 31,1 | 38,1

Drinks: Water, Coke, Broth & Squeezy Energy Drink

Food: Banana, Pretzels, Squeezy Energy Gel & Energy Bar



Verpflegungspunkt 3 (Hanseatische Yachtschule) – km 6,5 | 13,5 | 20,5 | 27,5 | 34,5 | 41,5

Drinks: Water, Coke, Broth & Squeezy Energy Drink

Food: Banana, Pretzels, Squeezy Energy Gel & Energy Bar



Special Needs (Hanseatische Yachtschule)

Self-supply point of the athletes



Disposing of items outside of food service and throwaway zones (littering zones) is prohibited. The littering zones will be signposted. Non-compliance will result in disqualification.

PERSONAL RECORD BELL

The new tradition at OstseeMan since 2024:

PERSONAL RECORD BELL

This is how it works:

- cross the finish line
- beat your personal best time from previous years
- ring the personal best bell and celebrate your personal success loudly with everyone else!

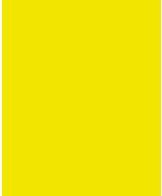


PENALTIES



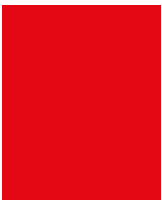
Bike:

- Slipstreaming of 2 minutes (middle distance) and 3 minutes long distance).



Other offenses:

- 1 min for LD
- 30 seconds at MD



Disqualification:

- Red card or
- In sum of three blue or yellow cards

Action on penalties (bike course):

If you have been shown a card by the referee, stop at the next penalty box and report to the referees. Failure to do so will result in disqualification.

AWARD CEREMONIES

The award ceremonies are scheduled for the following times at the STARCAR stage:

- 18:00 hrs. - All middle distance OstseeMan (overall, AK and relay)
- 18:45 hrs. – All long distance OstseeMan (overall, AK, relay and special ratings)

Please also pay attention to the announcements for any changes in the finish area.

If not all winners of the first 3 places are at the finish of the respective AK / special classification, we reserve the right to postpone the award ceremony of the respective AK / special classification.



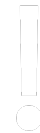
AWARD CEREMONIES

The award ceremonies will take place at the STARCAR stage directly at the finish line. All winners please assemble 10 minutes before the respective award ceremony times seaside at the western grandstand.



AFTER THE RACE

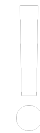
- A medical service will be located in the finish area.
- The timing chip **MUST** be handed in when collecting the bike in exchange for the bike. Otherwise the bike cannot be collected.
- Finisher food is available in the athletes' garden.
- Massage facilities powered by Tiger Balm are located in the finish area
- You will receive the finisher shirt and the streetwear bag when you show your race number in the streetwear tent. Only the shirt sizes specified on your starting number.
- You can shower and swim in the Fördeland Therme until 22:00 hrs. by wearing your athlete wristband.
- Bike handover upon presentation of the start number and handing in the timing chip (mandatory)
 - Long distance starters can pick up their bike until 22:30 hrs.
 - Starters of the middle distance can pick up their bike until 19:00 hrs.
 - After that time the organizer is not liable.



AFTER THE RACE

Certificates & new registration:

- Finisher certificates can be printed online at www.ostseeman.de.
- Registration for the OstseeMan Triathlon Glücksburg 2026
 - Online at www.ostseeman.de from Monday, 04th of August 2025 at 00:05 hrs.



RACE CANCELLATION

Behavior in case of race cancellation:

If it is necessary to stop the event while participants are still on the bike course, the participants will be instructed by the police to reduce their speed. and to stop the participants.

For this purpose, the emergency vehicles will wave red flags. These assembly points can be found in the appendix. From these the participants are asked to either follow the course of the course slowly to the either to follow the course slowly to the transition area, or to follow the police vehicles to the transition area. In the area before the Aid-Station Sandwig Hill, there will be an announcement made.

GOOD LUCK!



**We wish all athletes
a successful
competition day!**

**And above all,
have fun!**

OSTSEEMAN
TRIATHLON GLÜCKSBURG