

# Race Briefing 2022

# LAPONIA TRIATHLON



**GÄLLIVARE-**

Sparbanken Nord  
Regionens egen bank



AB  
**MaltLasse**  
070-668 76 99

**BOLIDEN**

# Summary

- Course markings;
  - Orange painting on asphalt and stones
  - Yellow swim buoys – two on every triangular side
- Equipment by your bike
  - All three bags shall be placed by your bike; bike-run-finish
  - Helmet and shoes are allowed on bike. Everything else in bags!
- Bike safety
  - Take it easy first and last 2 km of bike course (potholes and partly gravel road)
  - Pay attention to potholes on the 8 km downhill from Tjautjas
  - Laponia car will keep track of last cyclist on road. Will try to assist in case of mechanical problems. Will help out if you need to abandon the race.



# The basics

- The official swim cap must be worn.
- Bike and helmet shall be marked with number stickers.
- Race number shall be placed on your back on the bike and your front on the run.
- Plastic bags for T1, T2 and Finish.
- Check-in in Sandviken between 22:00 – 23:00.
- Swim buoys shall always be on your left when passing them.
- Bike aid stations, slow down! Throw bottles just before station.
- Penalty box in T2/finish.
- Sports drinks (Umara Citrus 1:0,8) are mixed 100 g product/l = 360 kcal/l.
- Umara energy bars (mixed tastes). One 40g bar contains 147 kcal.
- Umara energy gels (1:0,8) on the run. Without caffeine (lemon, 122 kcal) and with caffeine (cola, 81 kcal).
- Bike aid stations: Water, sports drinks, bars.
- Run aid stations: Water, sports drinks, bars, gels, coca cola, potato chips.
- Finish area; sandwich, drinks, snacks. Shower at home.
- Prize ceremony and lunch Sunday 11:00.



# Content of "Start-kit"

- Start-number
- Sheet with Bike-, helmet- and bag-stickers
- Swim cap
- 3 x plastic bags



# Prizes

- Top three athletes
- Lottery
- Fastest total transition time



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# Laponia Triathlon

## Swim 3860 m

- Three laps, exiting the water each lap.
- Counter clock-wise.
- Yellow buoys.
- Allowed to hold on to a kayak for rest but not taking a tow.



- Expected water temp = 16 °C
- Expected air temp at start = 11 °C
- Expected air temp during race 5 - 18 °C
  - Wetsuit is mandatory
  - Neoprene socks are allowed
  - Gloves are not allowed

Very little wind...



# Laponia Triathlon

## Bike 180 km

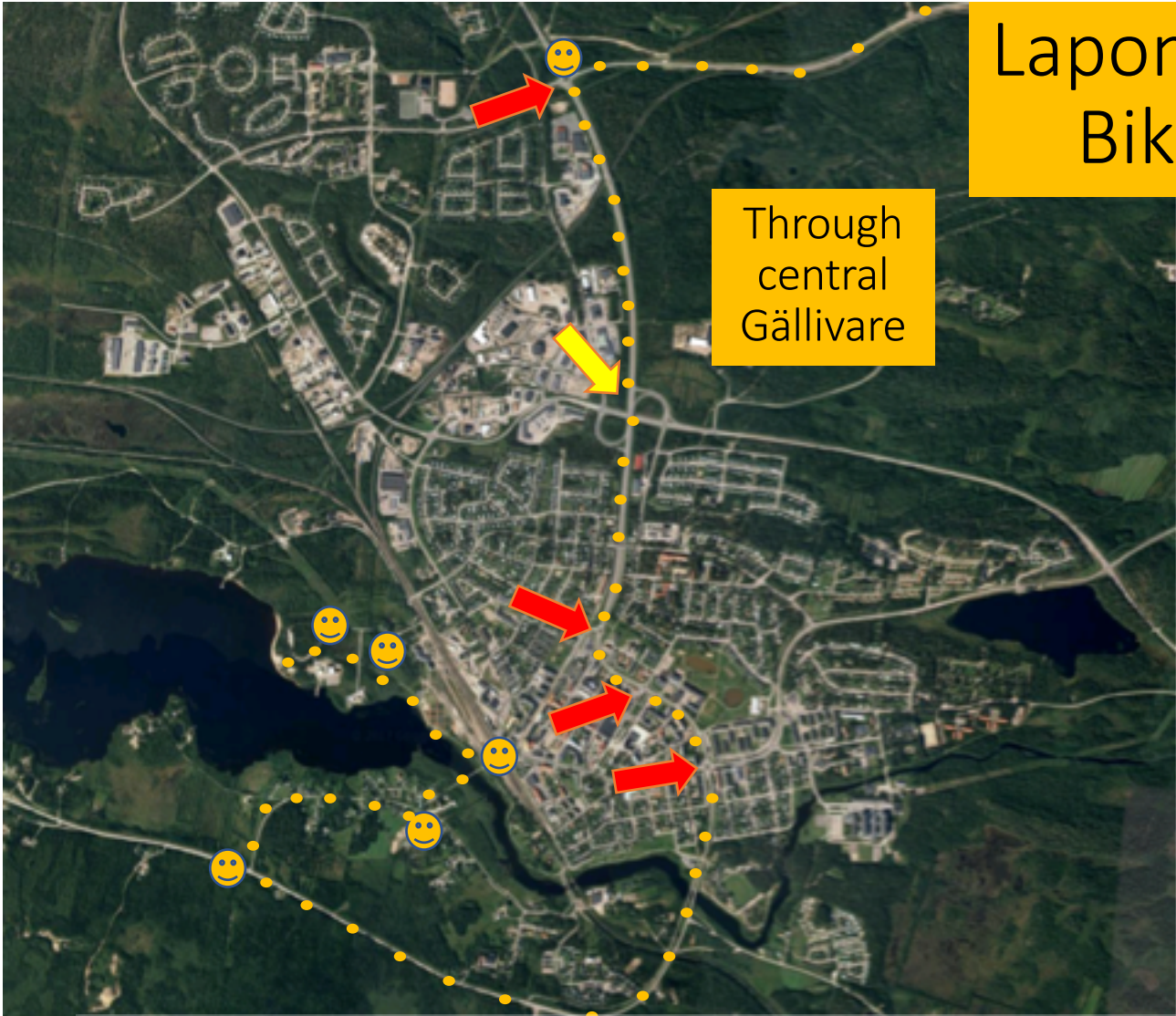
- Gravel road first and last km. Ride slowly and try to avoid stones.
- When riding off the bridge after 1 km, ride slowly and be careful of harsh metal cover.
- Watch out for potholes on the way down from Tjautjas.
- Watch out for reindeer! They tend to occupy roads when mosquitos are too bad. May not always be very keen on moving away from the road.
- Aid stations at 35k, 81k, 123k
- Orange paint on road.
- Volunteers at most left turns.





# Laponia Triathlon

## Bike 180 km



Through  
central  
Gällivare



Through  
Koskullskulle



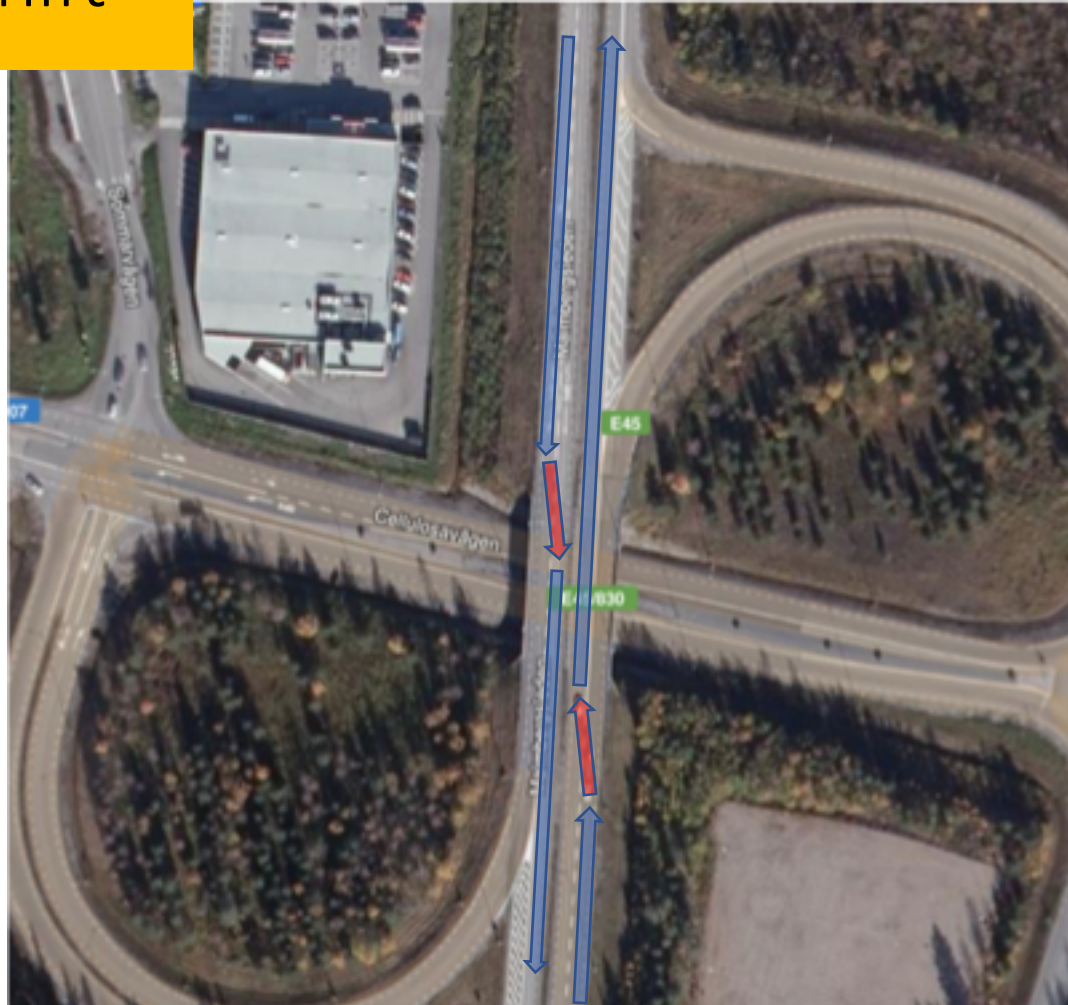


# Four roundabouts and a tricky lane shift

- After passing the river Vassara you pass three roundabouts:
  - All in central Gällivare
  - Only some hundred meters between them
  - Go straight ahead in all three of them
- After the third roundabout:
  - A two lane road heading towards Malmberget
  - After 1 km the right lane turns right but you should continue straight ahead! (at yellow arrow on previous page)
- After another 1 km you reach the fourth roundabout
  - Turn right in the roundabout! (volunteer present in that roundabout)

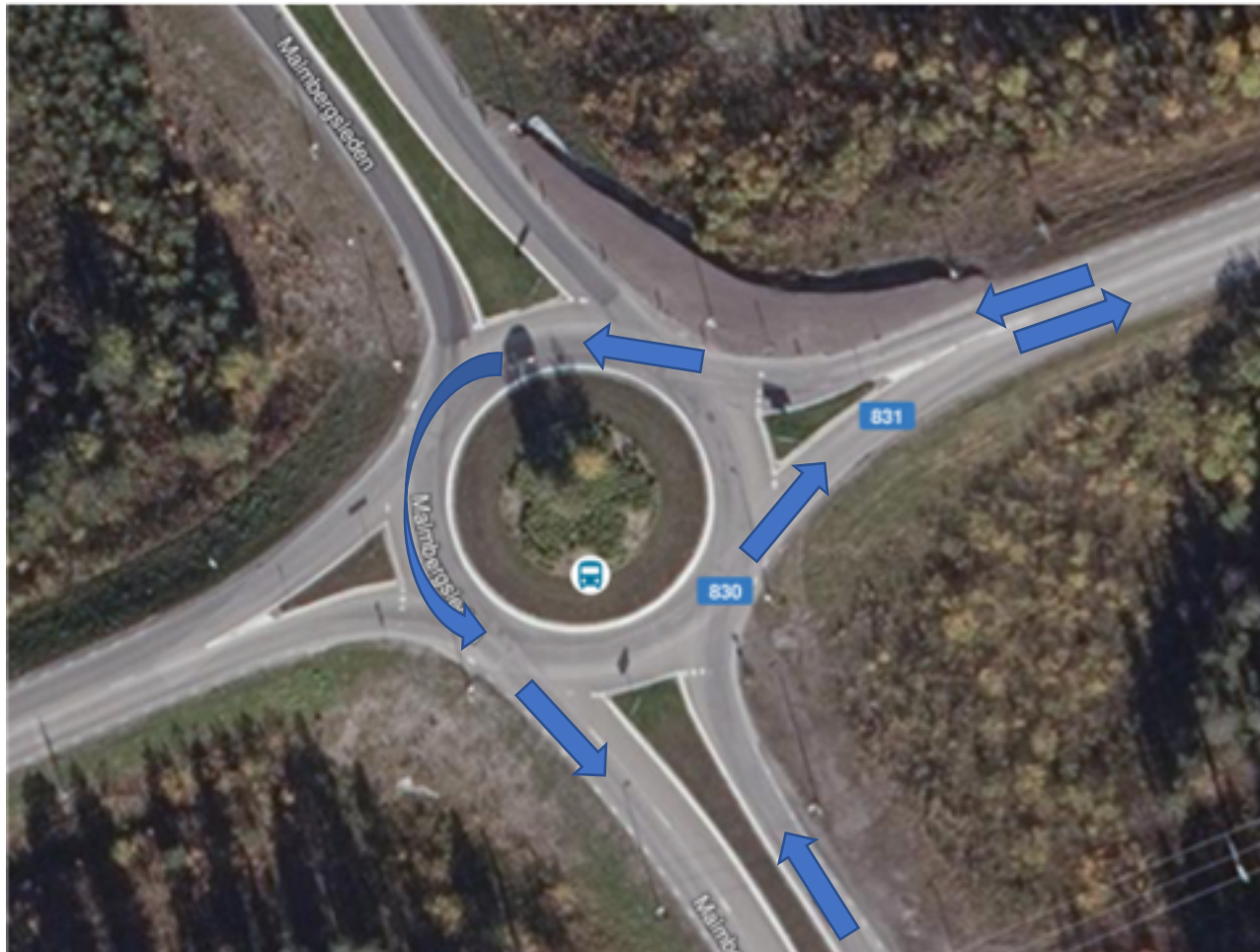
## "The tricky lane shift"

This is a zoomed view of the double lane road where you should continue straight ahead and NOT follow the right turn of the right lane.



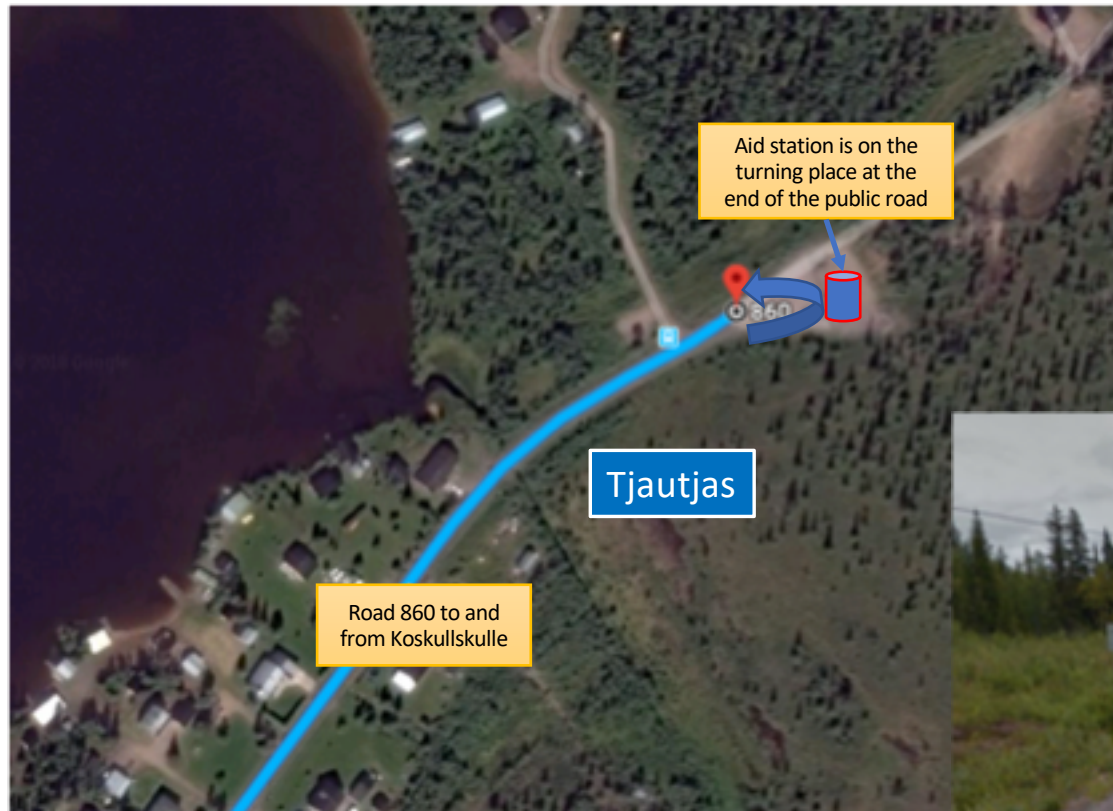
# The roundabout to Koskullskulle

This is a zoomed view of "the fourth roundabout", where you turn right on your way to Tjautjas.





# Tjautjas – turning point and aid station

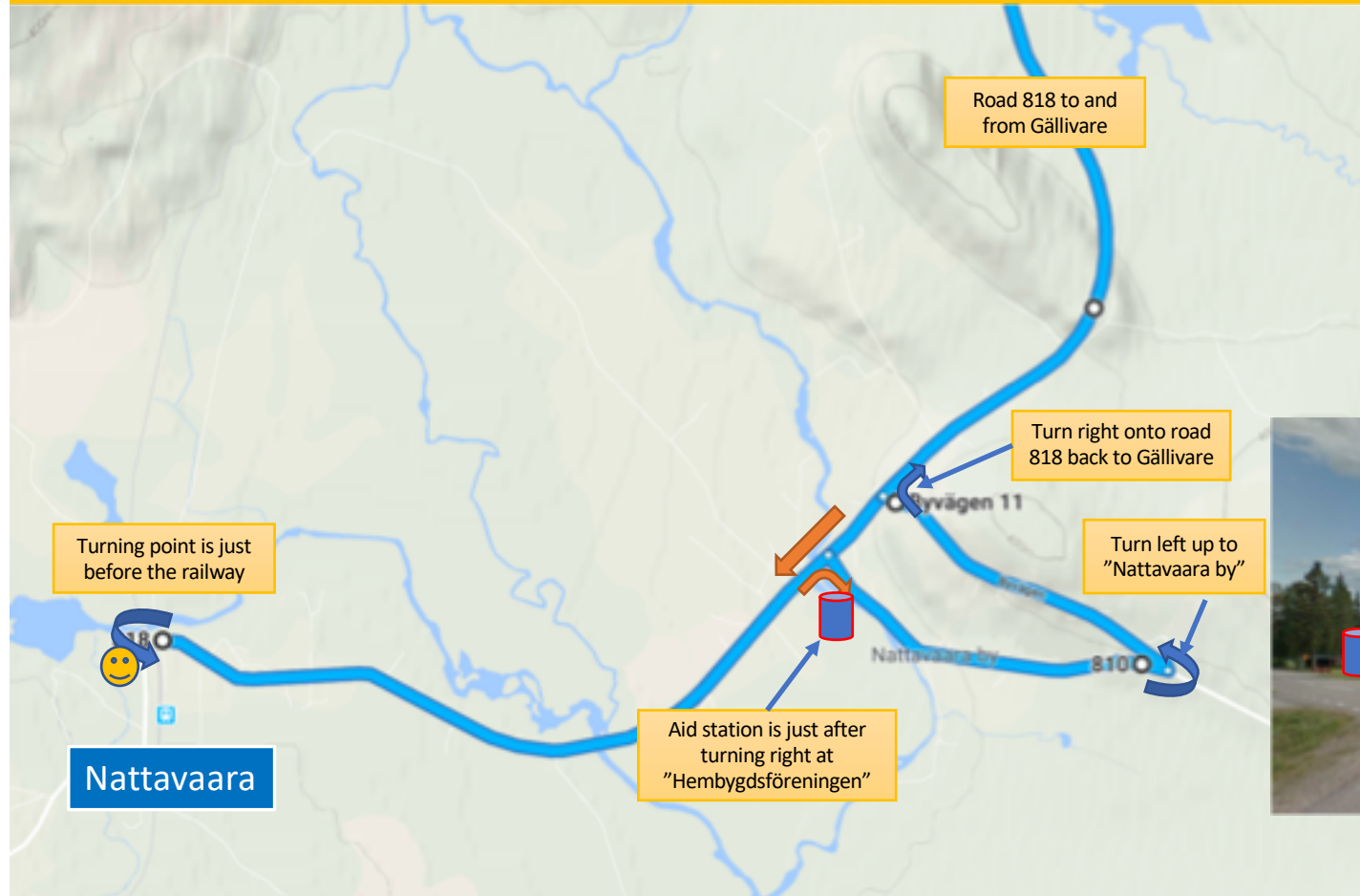


# Nattavaaravägen – aid station 82 km





# Nattavaara – turning point and aid station



## Laponia Triathlon – Run 42 km





Rallarstigen – 200m after aid station (at about 14.2k)

Rallarstigen leaves the forrest road for a smaller trail on your left side.  
Pay attention and follow orange paint on stones!







Turning point at 15.6k

Clearly marked with orange paint on trees and on the ground.  
Will be volunteer standing here taking intermediate time





# Laponia Triathlon – Transition area





# Participants - statistics

	Antal
Women	9
Men	29
<b>Total</b>	<b>38</b>

Land	Antal
Sverige	29
Denmark	2
Ireland	2
Germany	2
Great Britain	1
Finland	1
France	1
<b>Total</b>	<b>38</b>

# IM	# athletes
27	1
25	1
19	1
18	1
15	1
14	1
11	1
10	1
7	1
5	2
4	1
3	4
2	3
1	5
0	14
<b>Total</b>	<b>38</b>

Have participated all five previous Laponia Triathlon:

- Sara Elfving
- Sofie Lantto
- Odd Larson

Oldest athlete = 60 years  
Youngest athlete = 18 years

Laponia rookies:  
29 of 38

Total number of IM = 183



# Partners



Race hard and be nice to our  
volunteers and other athletes 😊

