



Race Briefing 2025

LAPONIA
TRIATHLON



GÄLLIVARE

Sparbanken Nord
Regionens egen bank



AB
MaltLasse
070-668 76 99

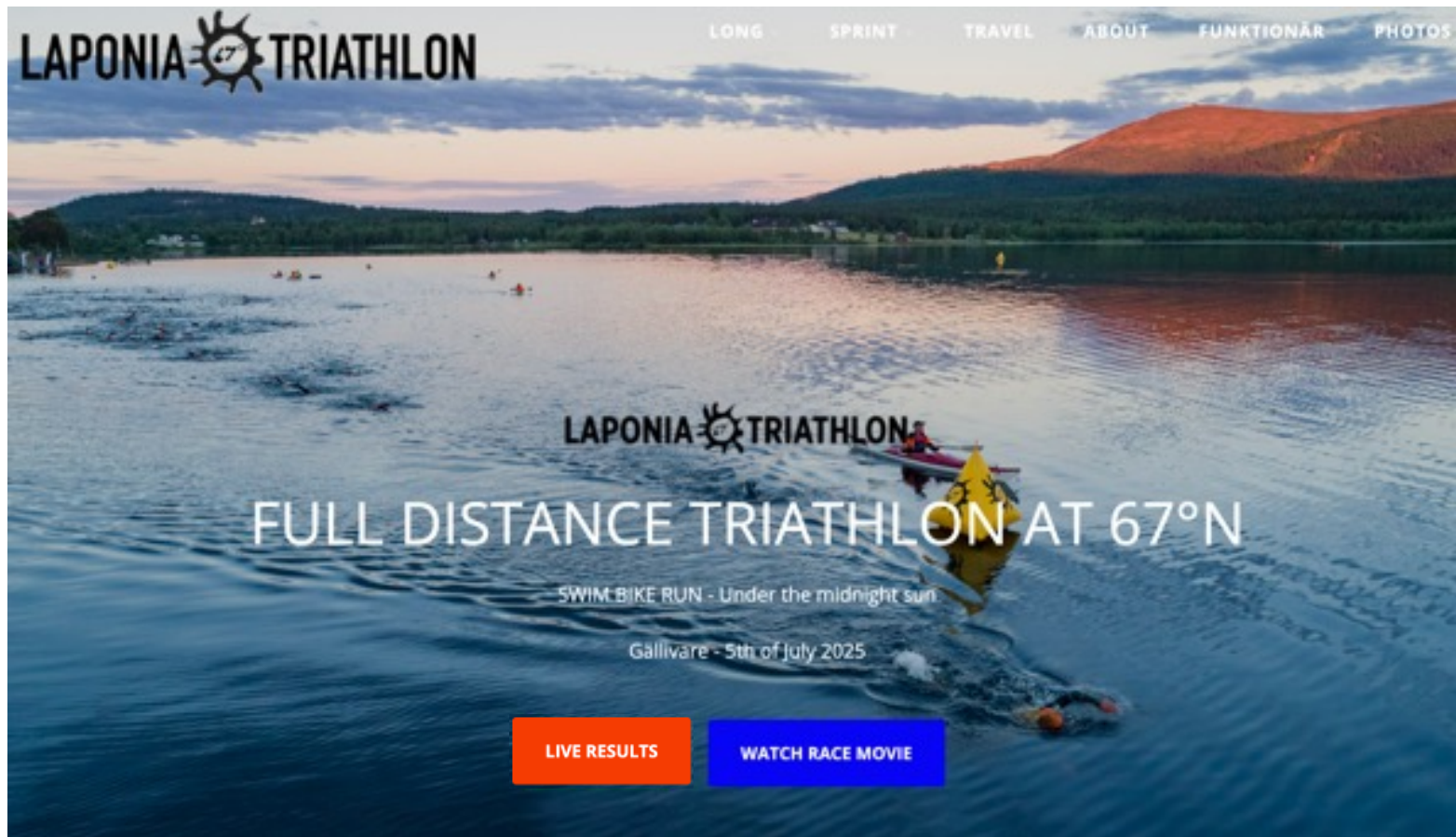
BOLIDEN

Agenda

- Intro by Race Director Robert Johansson
- Welcoming by Birgitta Larsson, mayor of Gällivare (kommunalråd)
- Summary of practical stuff before, under and after the race
- The race course (including weather and water forecast)
- Facts about the athletes



Live Results Tracking! Link via our website.



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)
 - Take it easy down from Björnfällan.
 - 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.
 - Race director and Referee will drive along the course.

RACE OFFICIAL 



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.
- Cut-offs: Swim 2h15m. Bike 11h. Run 22k 14h30m. Finish 18h.
- 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 (90g carbs).
- Umara energy bars (mixed tastes). One bar contains 120 kcal (30g carbs).
- Umara energy gels (1:0,8) on the run. With and without caffeine. One gel contains 120 kcal (30g carbs).
- Umara energy chews (1:0,8) on the run. With and without caffeine. One chew contains 120 kcal (30g carbs).
- Bike aid stations: Water, sports drinks, bars.
- Run aid stations: Water, sports drinks, bars, gels, chews, coca cola, potato chips.
- Finish area: pizza, drinks, snacks. Shower at home.
- Toilettes: Sandviken (outside transition area), Tjautjas (near aid station), Hellner ski stadium, Åke på toppen.
- Prize ceremony Sunday 11:00. Brunch 12:00-14:00.



Rules

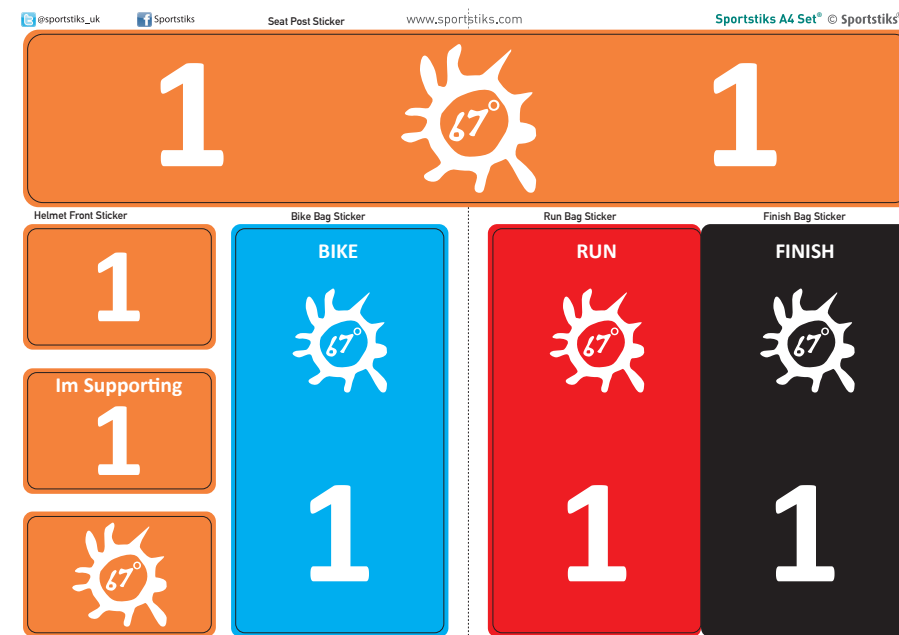
- Neoprene gloves not allowed
- No drafting on the bike!
- Not allowed to support by running, riding or driving with an athlete
- Only allowed to throw things away at the aid stations (no littering!)
- More details: <https://laponiatriathlon.com/rules/>



Content of "Start-kit"

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

Please keep your swim cap on until you have gotten out of the water (we need to see the number to register a time).



Prizes

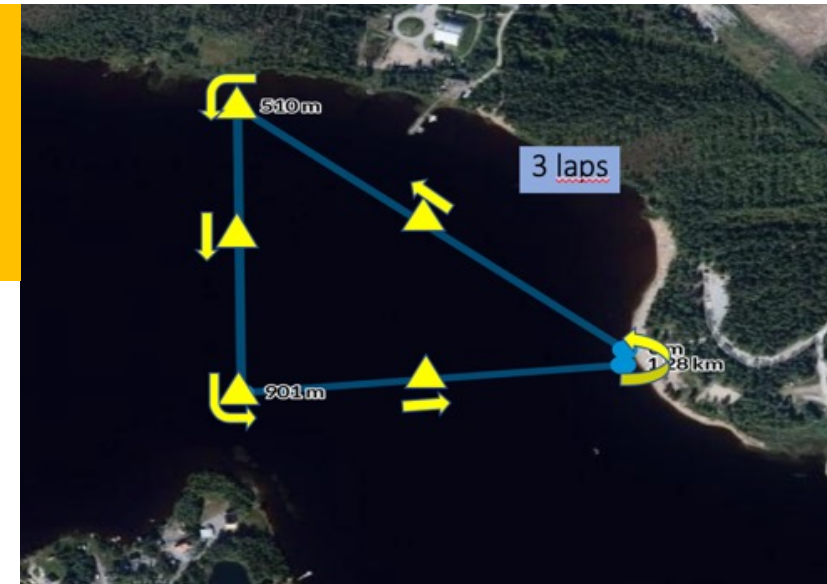
- Top three athletes
 - First prize is a knife by Ola Landin
 - Second prize is a guksi (kåsa) by Ola Landin
 - Third prize is a tool set sponsored by Epiroc
- Lottery
- Fastest total transition time: "Cash is king – by MaltLasse". 1000 SEK.



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.
- (If swim is shortened, start will be delayed until 00:30)



- Water temp = 17.3 °C (New measurement 21:00)
- Expected air temp during race 5 - 15 °C (partly cloudy)
- Wetsuit is mandatory
- Neoprene socks are allowed
- Gloves are not allowed

Very little wind...



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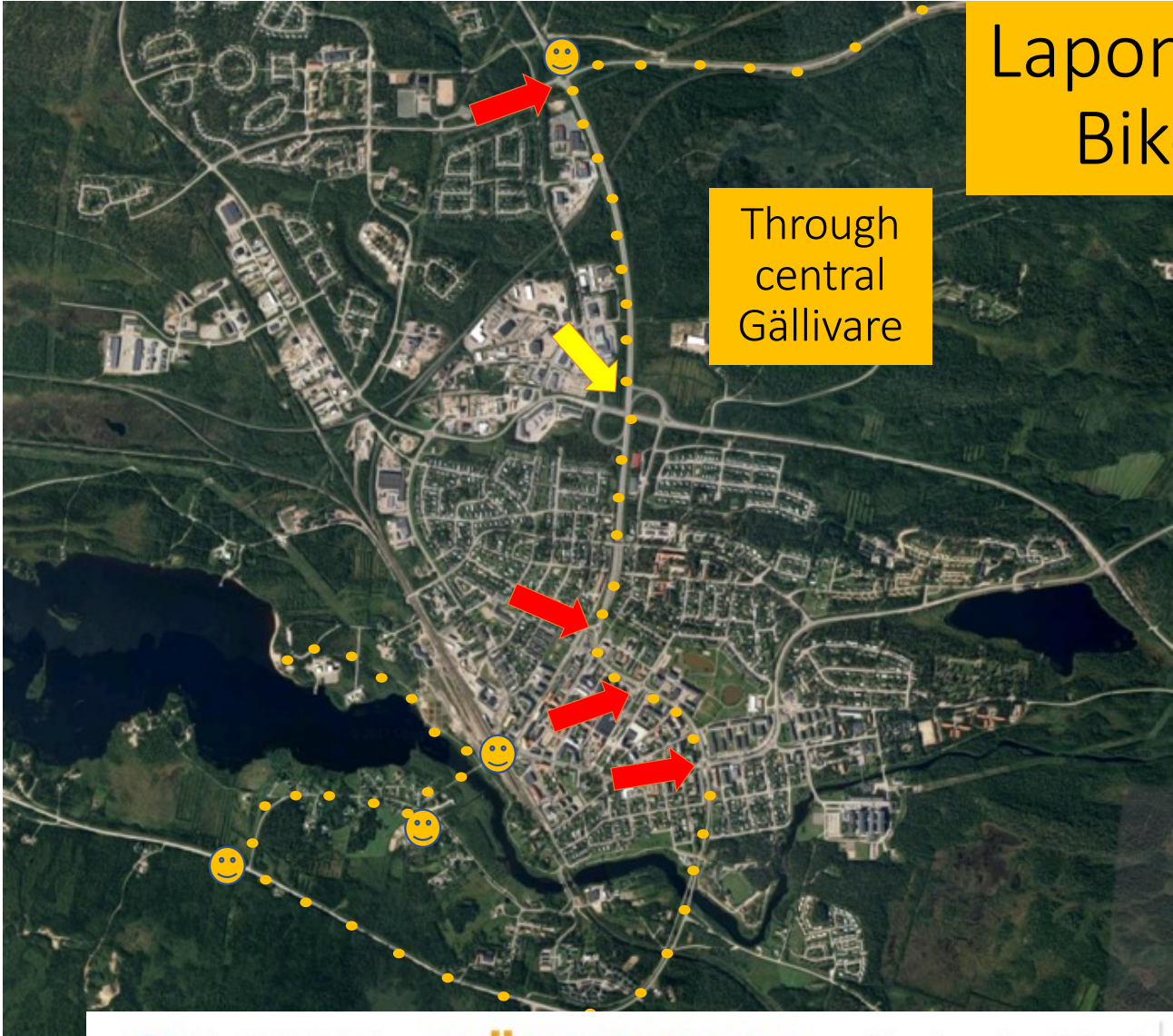
Laponia Triathlon

Bike 180 km

- Gravel road first and last km. Ride slowly and try to avoid stones.
- 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 42k, 88k, 123k
- Orange paint on road.
- Volunteers at most left turns.



Laponia Triathlon Bike 180 km



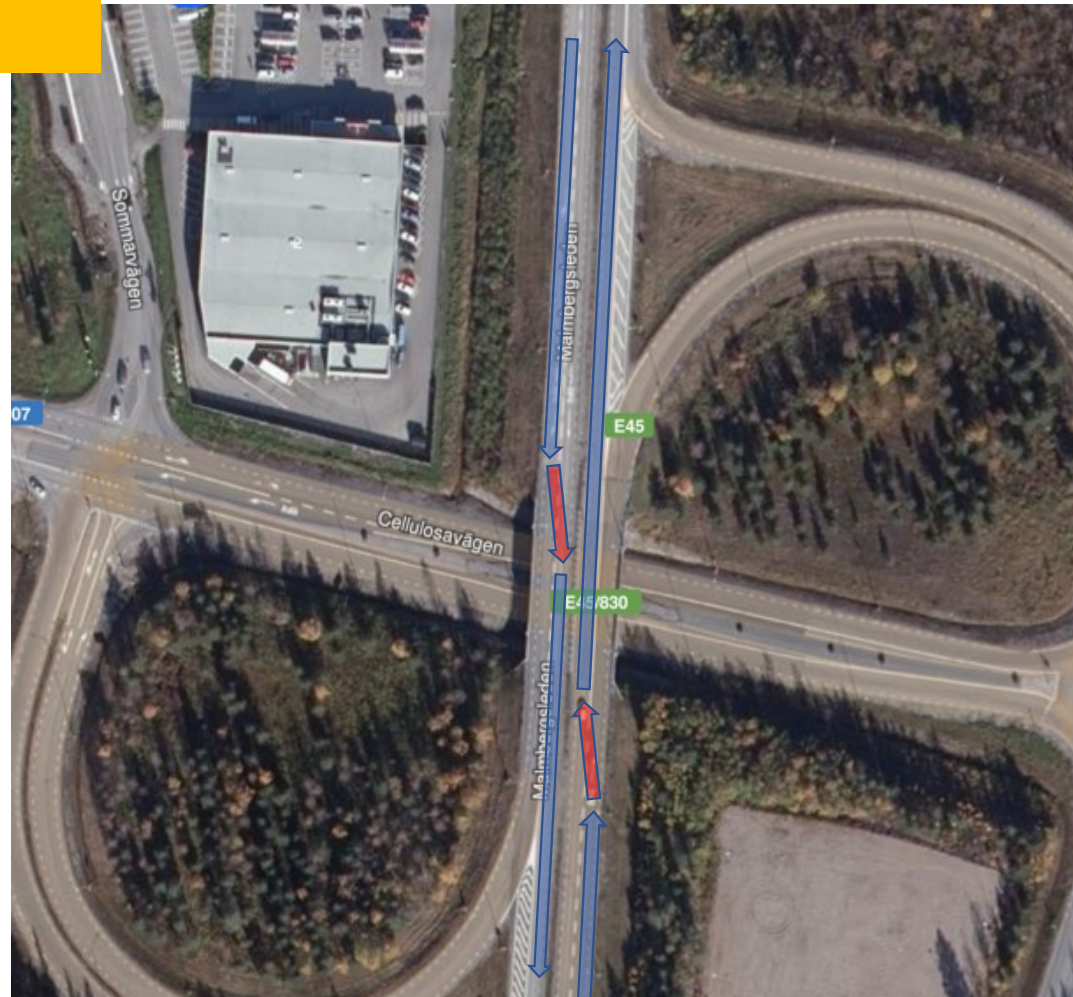
Four roundabouts and a lane shift

- 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)



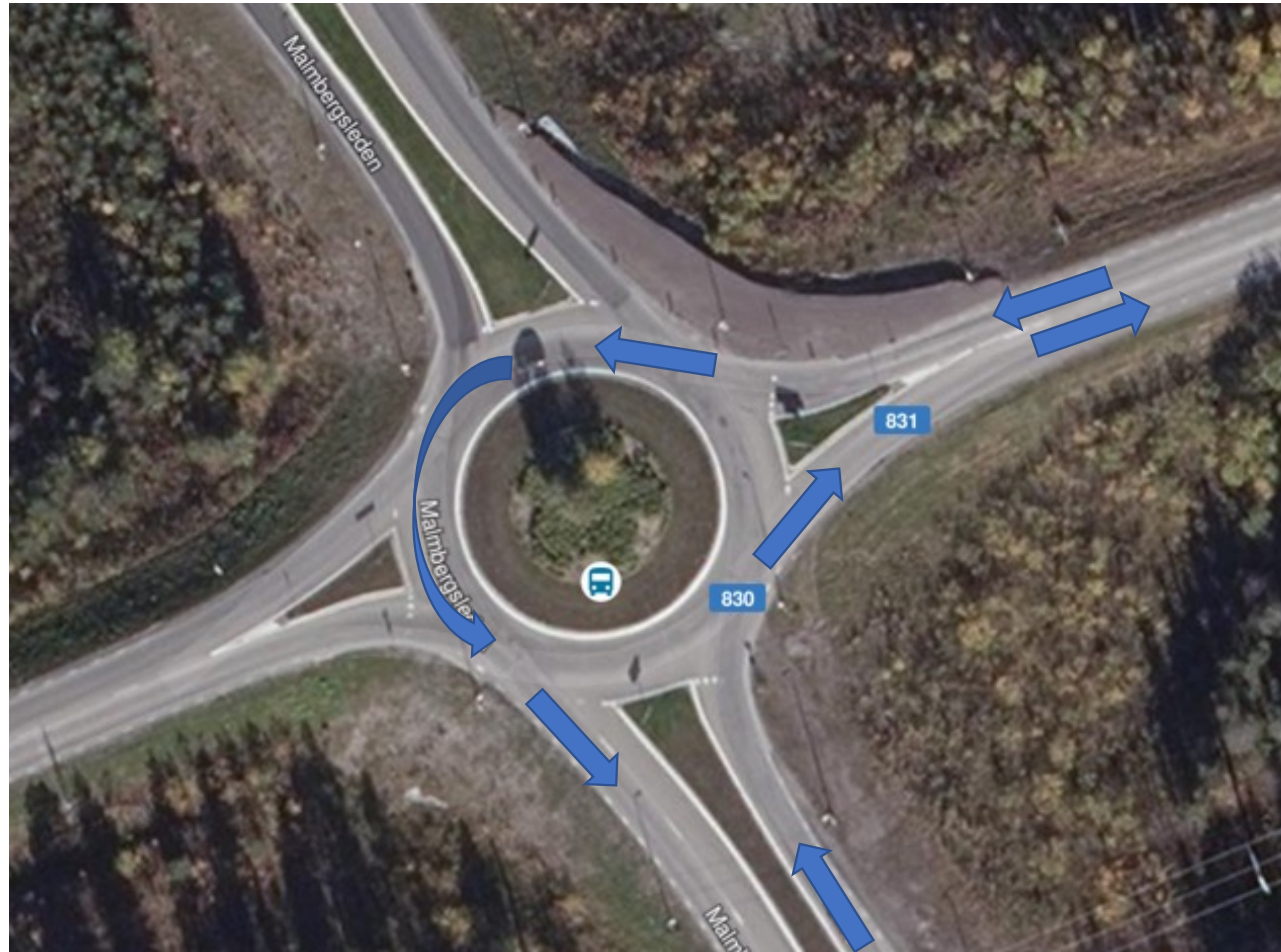
"The lane shift"

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.

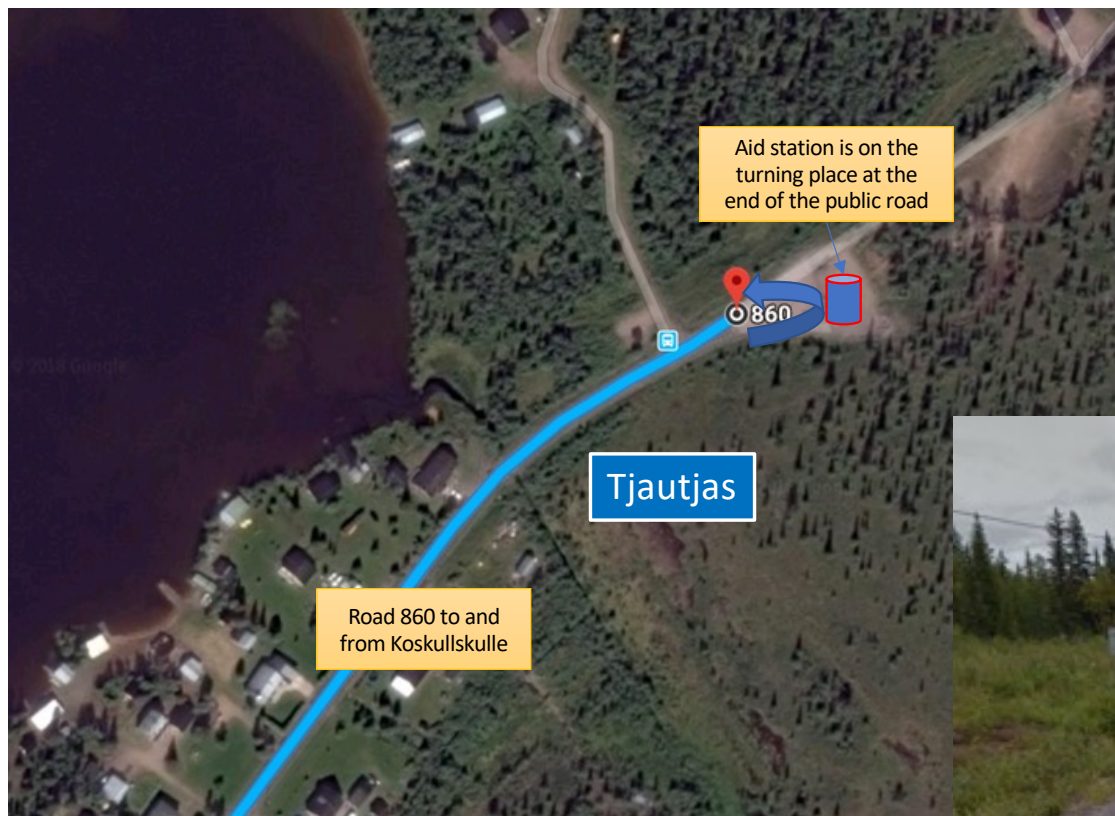


The roundabout to Koskullskulle

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



Tjautjas – 42k turning point and aid station



Nattavaaravägen – aid station 88 km



Nattavaara – turning point and aid station

Nattavaara – course overview



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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



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Participants – facts

	Antal
Women	35
Men	70
Total	105

Land	Antal
Sverige	91
Germany	5
Norway	3
Finland	1
Italy	1
Belgium	1
Poland	1
Puerto Rico	1
USA	1
Total	105

Oldest athlete = 66 years
Youngest athlete = 19 years

Laponia rookies:
70 of 105

15 local Norrbotten athletes

# IM	# athletes
70	1
45	1
37	1
32	1
30	1
25	1
23	1
19	1
17	1
16	1
14	1
13	2
11	1
10	2
9	2
8	2
7	3
6	4
5	7
4	6
3	9
2	13
1	12
0	31
	105

Have participated all 7
previous Laponia Triathlon:

- Odd Larson
- Sofie Lantto
- Sara Elfving

Have participated in 6:
- Bernhard Hirschauer

Totalt number of IM = 588



Partners



Race hard and enjoy the company of the
northern wildlife and our volunteers 😊

