



# RACE BRIEFING

## (RACE BRIEFING)

Welcome to Berga, Prepirineu!

## CONTENT

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- Berga
- Races and program
- Map of locations
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## WELCOME

**The 100x100 Half Berga: a unique challenge in an incomparable setting!**

After the successful premiere of the 100x100 Half 2025 circuit in Empuriabrava, we are embarking on a new journey that will take us to the heart of the Catalan Pre-Pyrenees: we are going to Berga!

We are preparing a real triathlon that combines sporting demands with breathtaking scenery.

They say that Berga and its region breathe sport ... but they have not yet seen what the community 100x100 Half is capable of.

Shall we continue with the legend?

**JORDI C**  
CEO 100% Half

**ANDREA G**  
Race Director

## BERGA

### The heart of the Pre-Pyrenees

Berga is the capital of the Berguedà region, located in a strategic enclave in the **Pre-Pyrenees**, and surrounded by attractive landscapes such as the **Queralt mountain range** and the **Llobregat Valley**.



The city has an abundant cultural and sporting offer; and is known for **La Patum**, an activity with more than 600 years of history that is celebrated every year on the occasion of the Corpus Christi festivity.



WHAT TO VISIT

# THE RACE PROGRAM

Saturday, July 5: bibs and Check-In boxes

Sunday 6 from July 6th: competition Half, Aquabike, Short, Sprint and Olympic

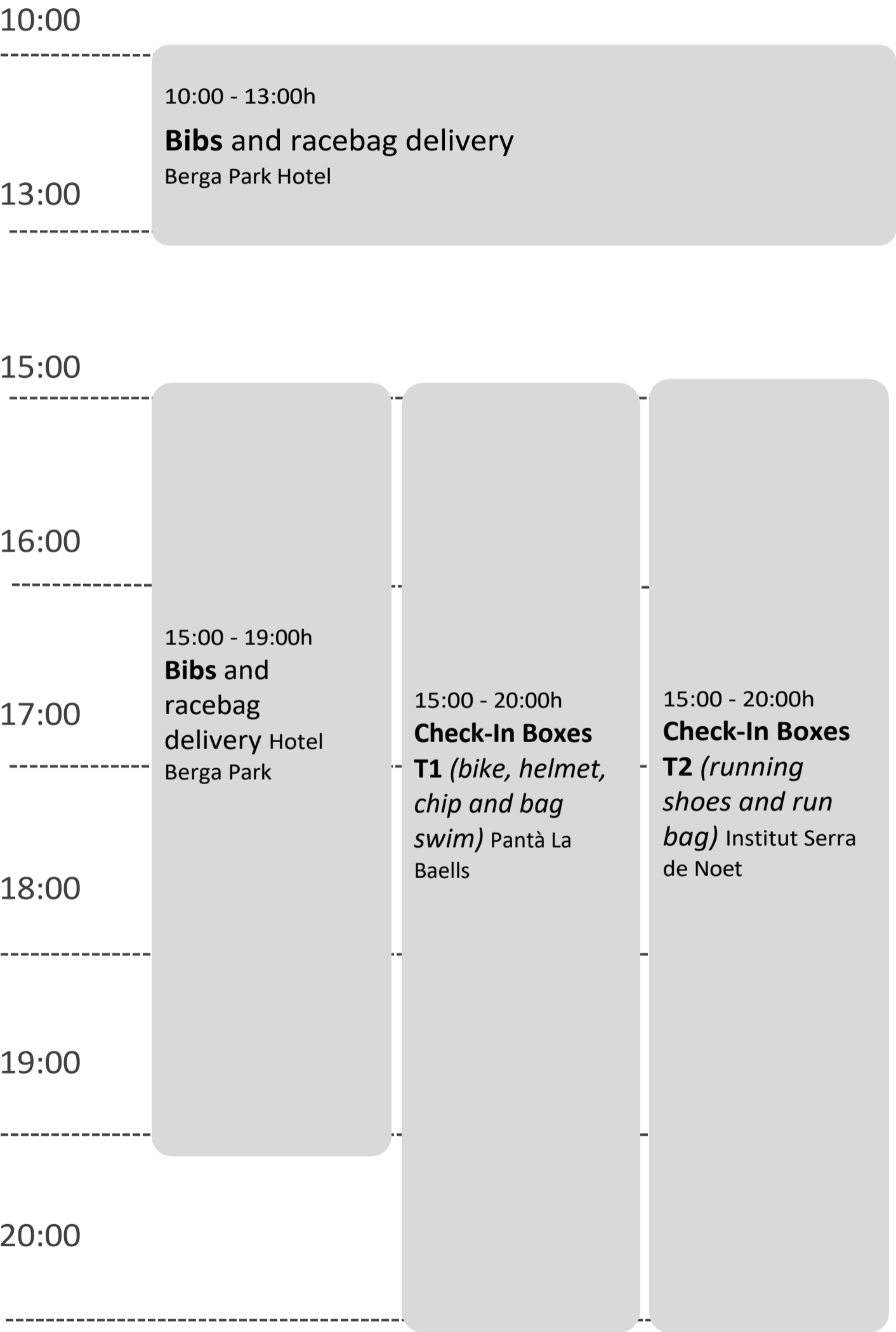
## DISTANCES IN COMPETITION

HALF*	swim 1,9k		bike 90k		run 20k
AQUABIKE	swim 1,9k		bike 90k		
OLYMPIC	swim 1,5k		bike 40k		run 10k
SHORT	swim 750m		bike 55k		run 10k
SPRINT	swim 750m		bike 20k		run 5k

*\*Scoring for the club league*

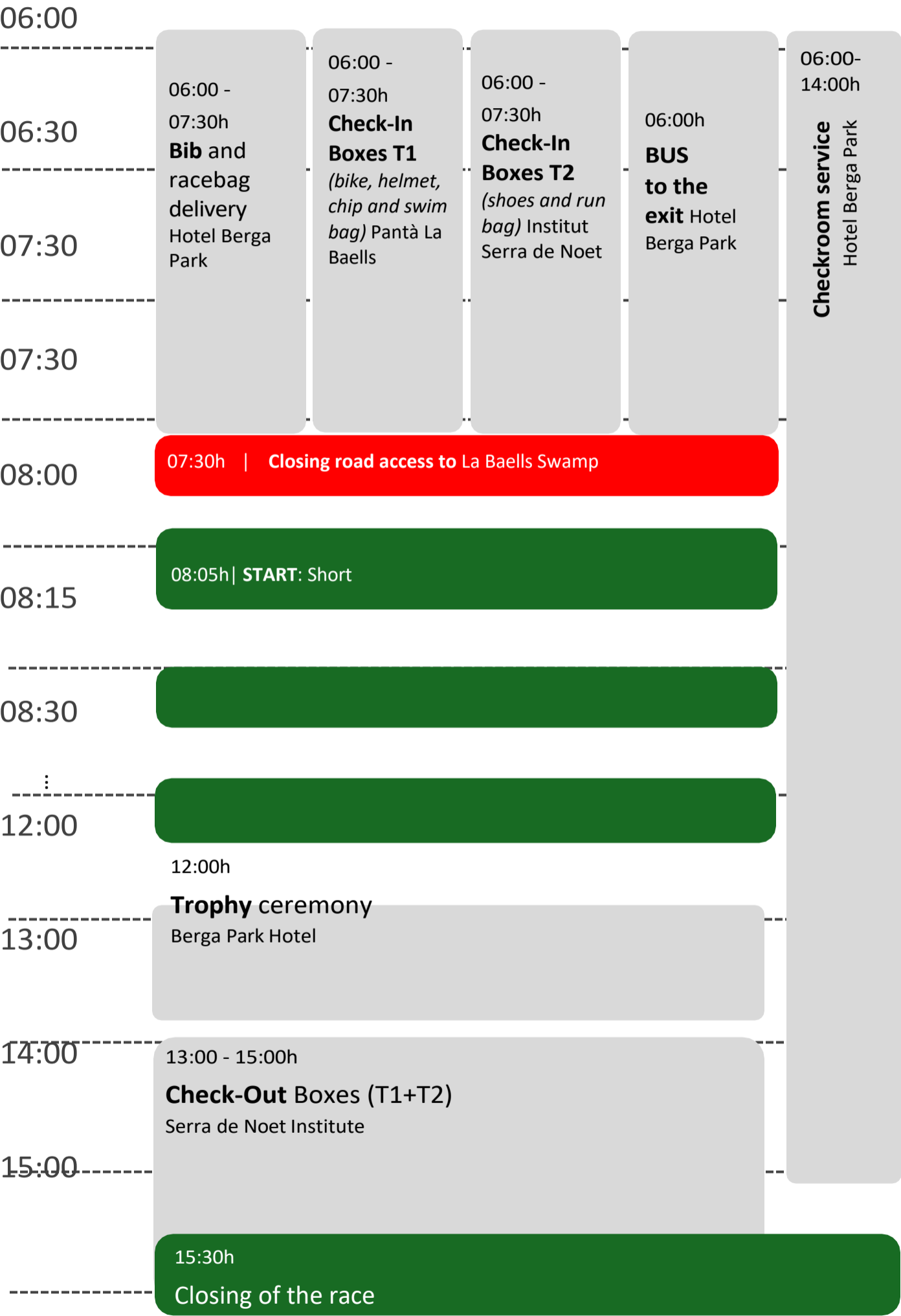
PROGRAM

SATURDAY 5TH JULY



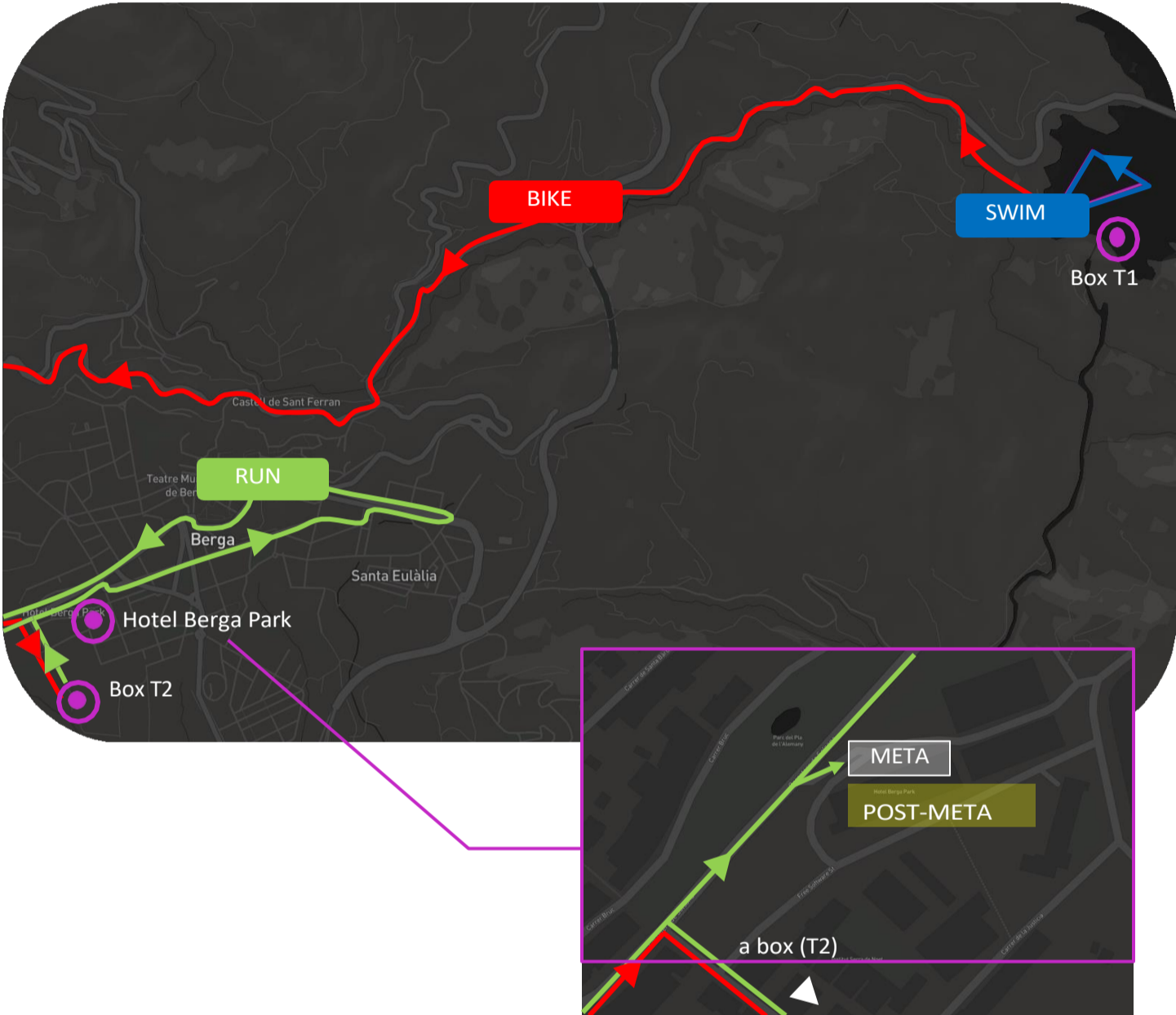
PROGRAM

SUNDAY 6TH JULY



# MAP OF LOCATIONS

## GENERAL PLANE



The 100x100 Half Berga has **two boxes** (T1: Pantà de la Baells) and T2 (Institut Serra de Noet). The start is at the reservoir, and the finish at the Hotel Berga Park.



Swimming segment



Cycling segment



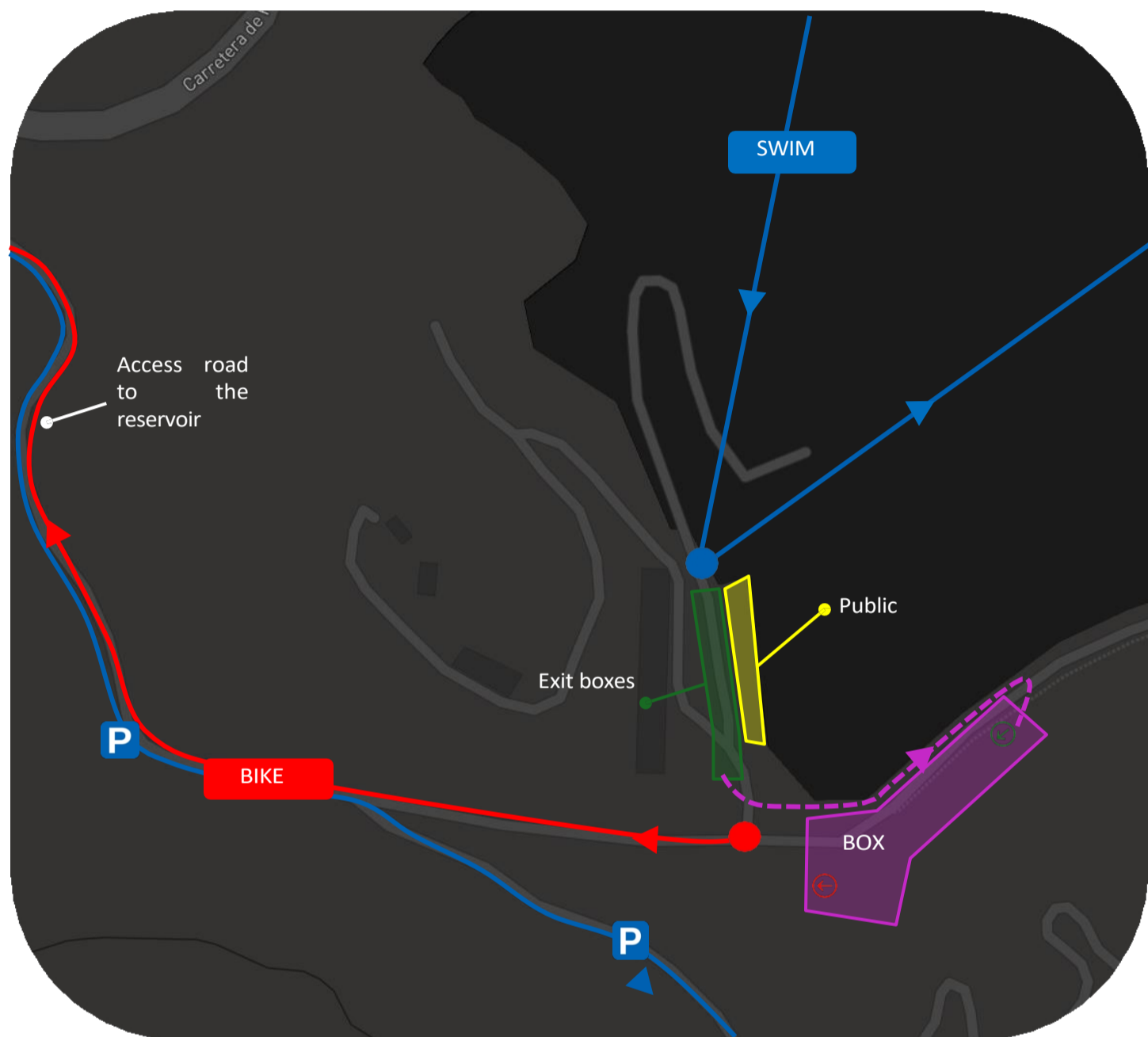
Running segment



Locations

# MAP OF LOCATIONS

## BAELLS MARSH



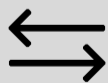
We recommend go to to the marsh (DEPARTURE) with the **buses** that we have provided. The **access road** will close at 7:30 am. After this time, for security reasons, the area will not be accessible by private vehicle.

Swimming segment  
Cycling segment




P Parking Locations  
Cycling segment



# MAP OF LOCATIONS

## BERGA



The distance between ARRIVAL (Hotel Berga Park) and BOX T2 (Institut Serra de Noet) is **5 minutes on foot**.

 Cycling segment   
 Running segment

 Parking  
 Locations



**WE NEED ALL YOUR ATTENTION**  
**100x100 HALF BERGA HAS**  
**TWO BOXES!**



## BOX T1

Near the start, we will have a first box.

**EQUIPMENT:** bike, helmet, chip and *gymsac* swim bag (blue).

*\*You will recover all your material in the box T2 during the Check-Out.*

Baells Swamp



## BOX T2

Near the finish line we will have a second box.

**EQUIPMENT:** shoes and *gymsac* run bag (orange).

Serra de Noet Institute



## START

### BAELLS SWAMP

The start of the triathlon is located in the Pantà (*swamp*) of La Baells, 10 minutes by car from the center of Berga.

#### HOW DO I GET TO THE START?

Don't worry about anything! In 100x100 Half we think about the triathlete, that's why we propose you different plans, you choose!

##### Option A



##### ORGANIZATION BUS

Buses will leave with a frequency of **15 minutes** from Hotel Berga Park to Pantà de La Baells, from 6 to 7:30 am.

##### Option B



##### PRIVATE VEHICLE

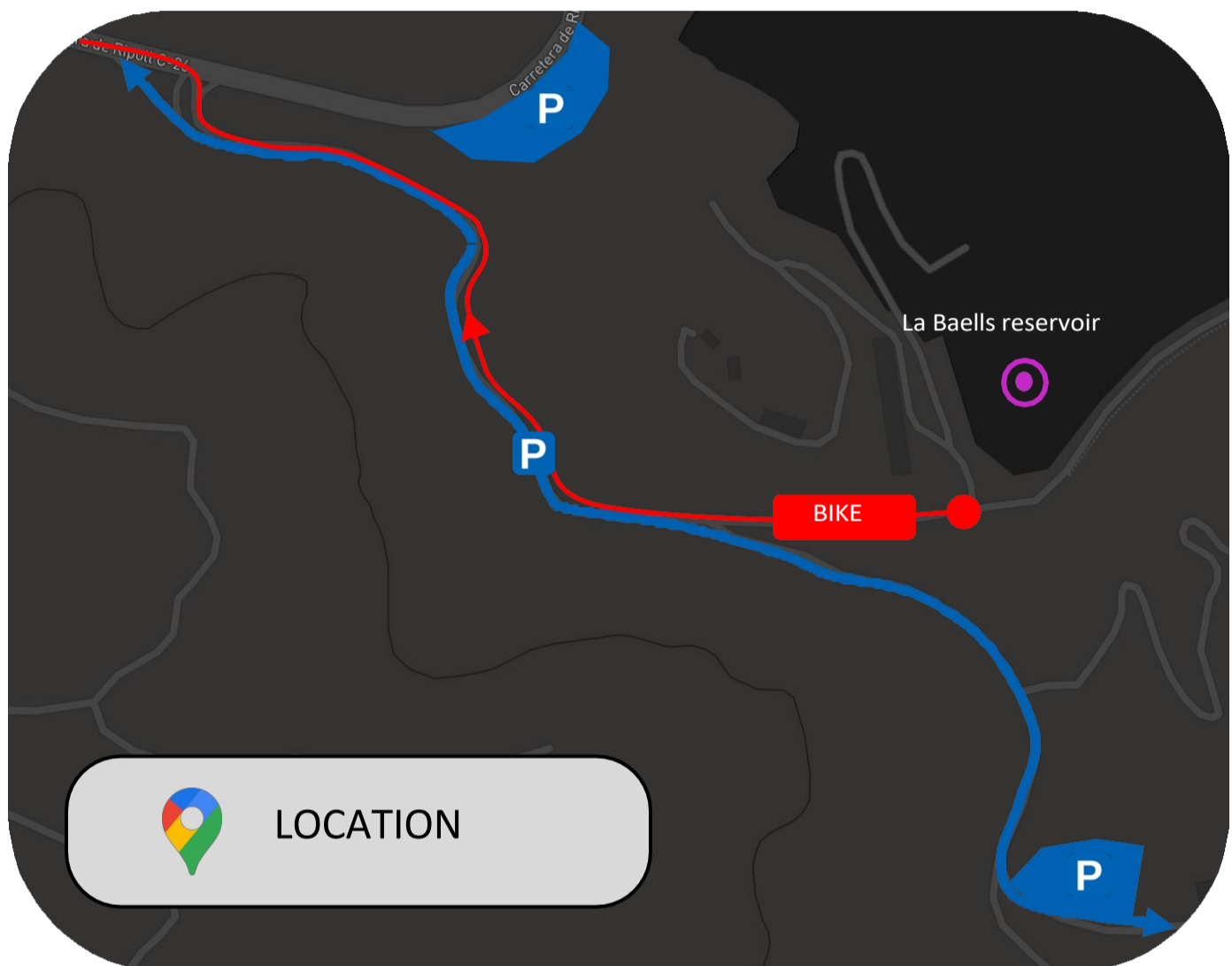
La Baells is small. You may have to **park** on the road, at stops, or on the shoulder.

And keep in mind that the arrival is at Berga, but your car will be in the swamp!

# PARKING

## LA BAEELS RESERVOIR

The parking for all those triathletes who decide to go up to La Baells by car is in the downhill lane of the access road to the reservoir.



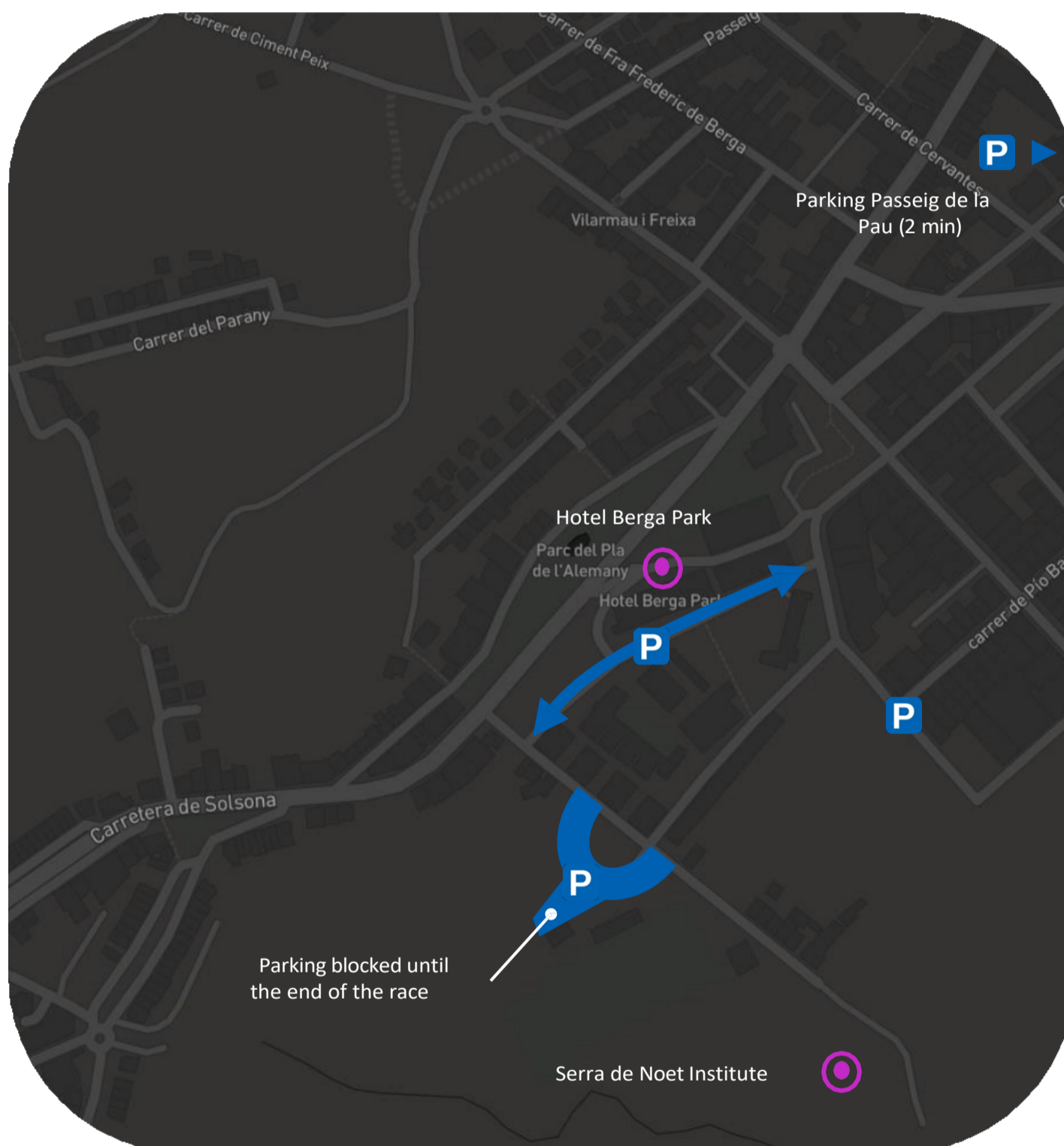
### LA BAEELS PARKING RULES

- The parking lots are **in line** along the downhill direction of the access road to the reservoir.
- Our **parking team** will be in charge of guiding all the **drivers and** controlling the drivers and control the capacity.
- Vehicles **will NOT be removed** until there are no more triathletes to leave the reservoir.
- When the **capacity of** the parking lots shown above is full, each driver is responsible for finding a parking space, shoulder or plot where to park his vehicle.

# PARKING

## BERGA

Near the arrival area, box T2 and the Hotel Berga Park (where the buses leave to get to the EXIT), you have different parking areas.



Hotel Berga Park



LOCATION

# PREPARATIONS

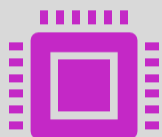
## EVERYTHING YOU NEED TO KNOW



**Cap:** we deliver it to you

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**Bib number:** we will give you the bib number along with the stickers that you must use to identify your bike and helmet. You will have to wear it visibly during the cycling and running sections.



**Chip:** you will find it the day of the race in the box that you will have inside the T1 box. The chip has the neoprene chip holder that you will have to put on your ankle for the swim.



**Equipment:** please note that you will need some of your equipment in box T1 and some in box T2; there are two boxes!



**Access to box:** with bike identified, visible bib number and helmet with stickers.



**Equipment pick up:** in the time slot indicated in the program you will have all your equipment ready (including that of the T1 box) in the T2 box.



**Trophies:** do not leave without checking the results on the website, otherwise we will not give you the trophy. The results are instantaneous.

# PREPARATIONS

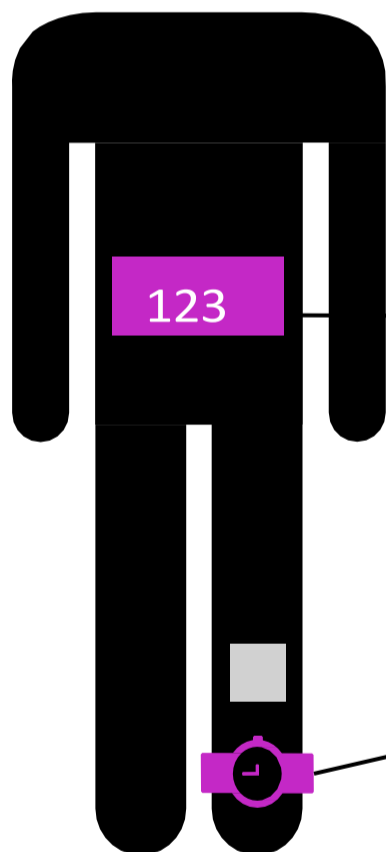
## THE STICKERS

We will give you the bib along with the **stickers** that you will have to place in different parts of the bike, helmet and your equipment. Check the graphics!

**SWIMMING CAP:** it is compulsory to use the cap provided by the organization.



**HELMET:** attached to the front and left side of helmet.

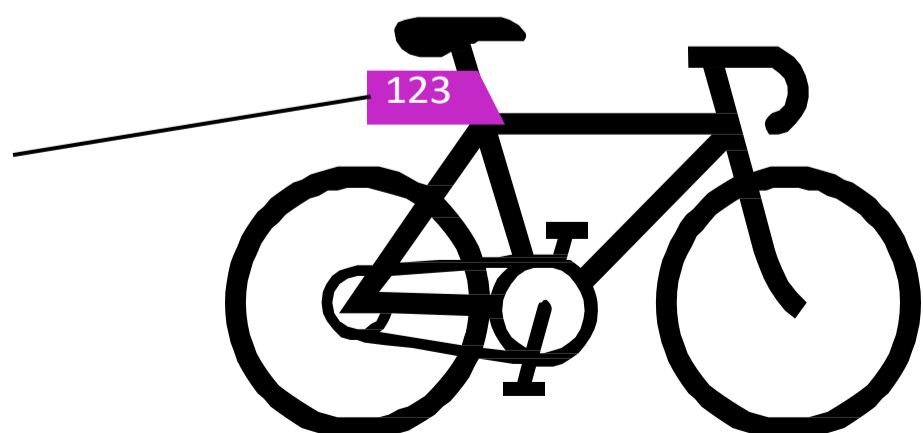


### BACK:

- In **swimming** you don't need it, you're already you already have the chip!
- On the **bike** you must wear it at the back (mandatory)
- In the **running race** it must be worn on the front (mandatory).

**CHIP:** it must be placed on the ankle during the whole race (in swimming, outside the neoprene).

**BIKE:** it must be attached to the saddle seat.



## WARM UP

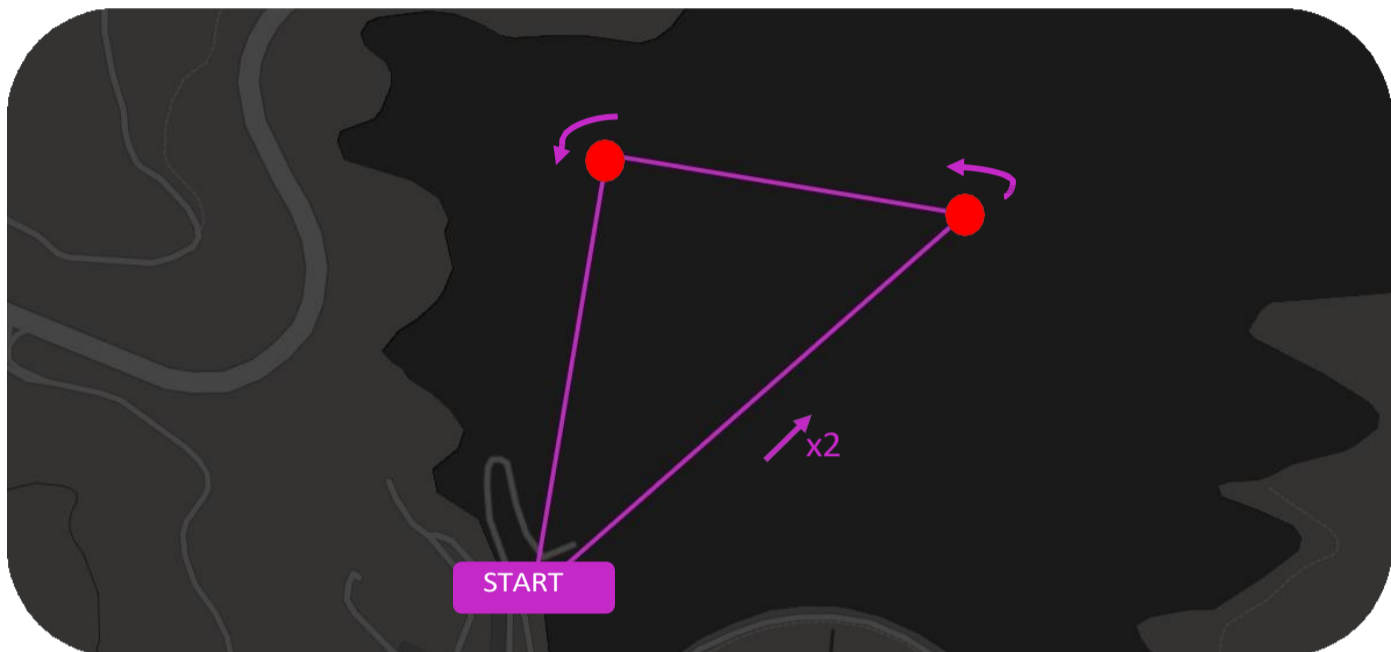


For safety reasons it is not allowed to **warm up** in any area of the reservoir.

# ROUNDS

## SWIMMING SEGMENT

**HALF** / **AQUABIKE**



Lap distance: 950 m

Number of laps to complete: 2

**Total distance of swim segment: 1,9 km**

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### Cut-off times

- **HALF:** 01:00:00 (03:00min/100mts)
- **AQUABIKE:** 01:00:00 (03:00min/100mts)

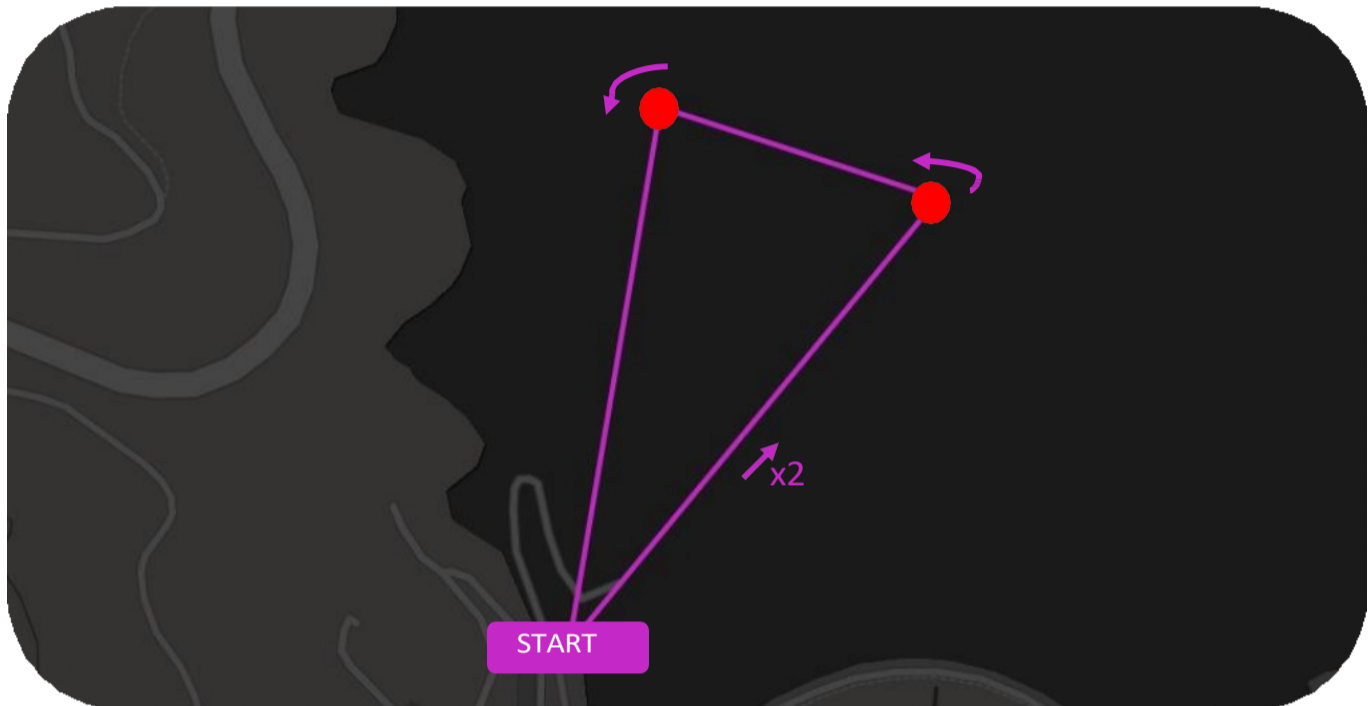
### Instructions

Beaconed circuit and exit from the water with acoustic signal. Turns always to the left leaving the buoys on the left. Counterclockwise course. Failure to completely complete the marked course: DQ\*. Exceeding the cut-off time: DNF\*.

# ROUNDS

## SWIMMING SEGMENT

### OLYMPIC



Lap distance: 750 m

Number of laps to complete: 2

**Total distance swim segment: 1,5 km**

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#### Cut-off times

- **OLYMPIC:** 00:45:00 (03:00min/100mts)

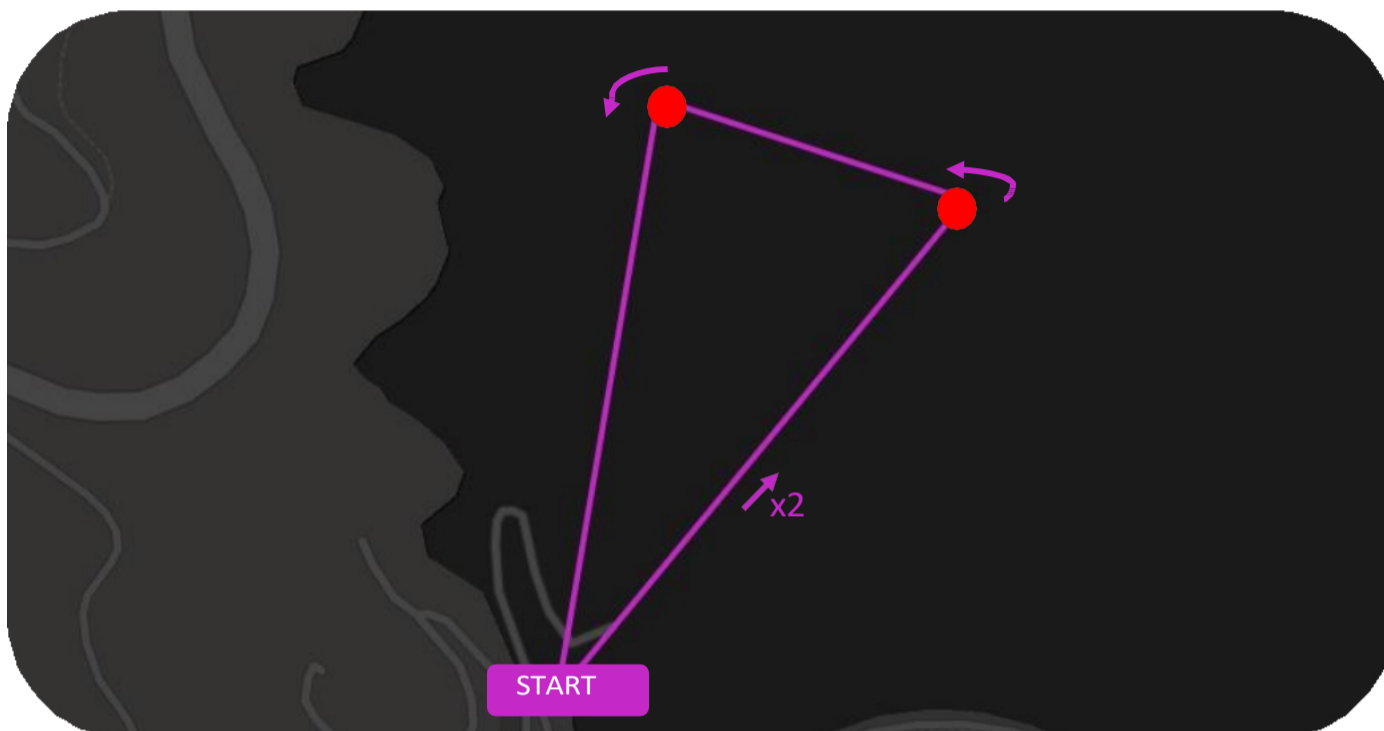
#### Instructions

Marked course and start from the water with acoustic signal. Turns always to the left leaving the buoys on the left. Counterclockwise course. Failure to completely complete the marked course: DQ\*. Exceeding the cut-off time: DNF\*.

# ROUNDS

## SWIMMING SEGMENT

### SPRINT / SHORT



Lap distance: 750 m

Number of laps to complete: 1

**Total distance swim segment: 750 m**

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#### Cut-off times

- **SPRINT:** 00:25:00 (03:00min/100mts)
- **SHORT:** 00:30:00 (03:00min/100mts)

#### Instructions

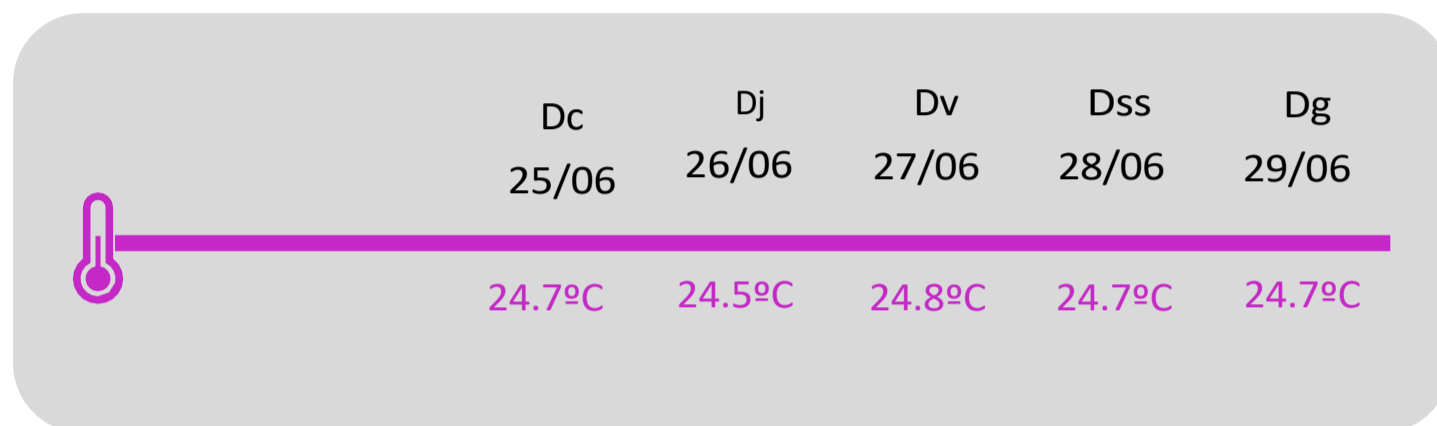
Beacon circuit and exit from the water with acoustic signal. Turns always to the left, leaving the buoys to the left. Counterclockwise course. Failure to completely complete the marked course: DQ\*. Exceeding the cut-off time: DNF\*.

# SWIMMING SEGMENT

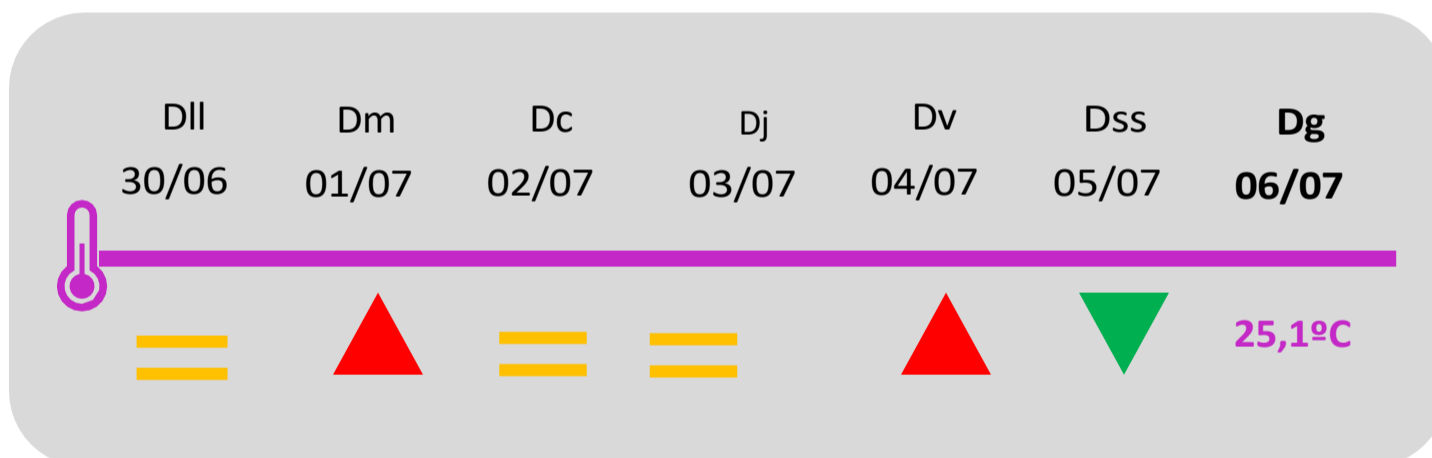
## WATER TEMPERATURE

The water temperature forecast is about 25°C.

### Recent parameters



### Race week forecast



### Use of neoprene

Neoprene is forbidden if the water reaches these limits:

- Half/Aquabike: prohibited above 24°C.
- Short/Sprint: prohibited above 22°C.

People over 60 years of age are not subject to this regulation.

## WHAT ABOUT PLAN B?

If the length of the swim segment is modified due to **meteorological phenomena** (swell of the marsh, temperature, visibility, external risks...) the triathlon will be contested with the PLAN B format.

### And what is the PLAN B format?

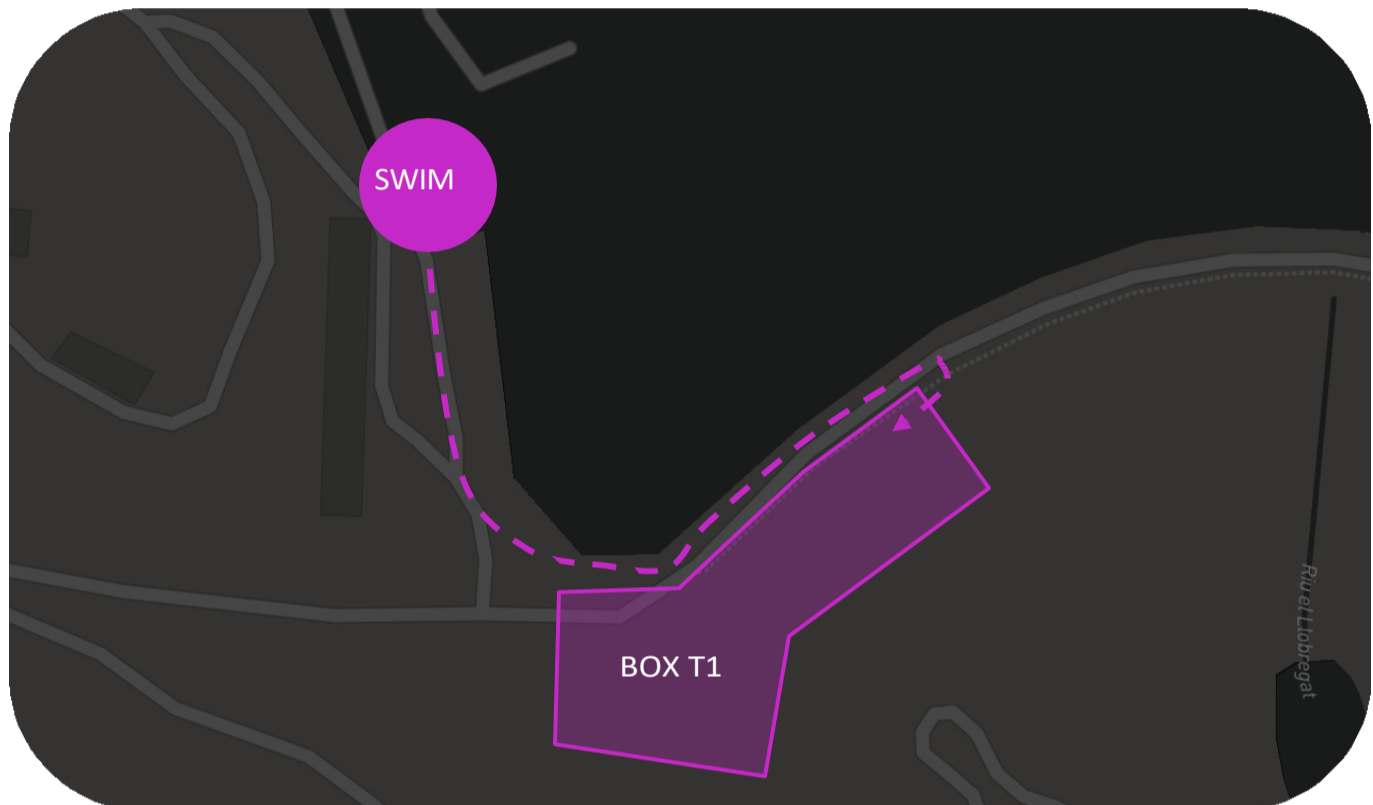
It consists of substituting the swimming segment for the running segment, dividing in half the section that would be run under normal conditions.

HALF	run 10k		bike 90k		run 10k
AQUABIKE	<i>*competition would be cancelled</i>				
OLYMPIC	run 5k		bike 40k		run 5k
SHORT	run 5k		bike 55k		run 5k
SPRINT	run 2,5k		bike 20k		run 2,5k

## RECORRIDOS

### TRANSITION T1 (SWIM→ BIKE)

The transition T1 from the swim segment to the cycling segment takes place in the **box T1**, located in the same Swamp of La Baells.



The **distance** between the swim and the box is 200 meters.

# RECORRIDOS

## CIRCULATION INSIDE THE BOX



The **distance** between the swim and the box is 100 meters.

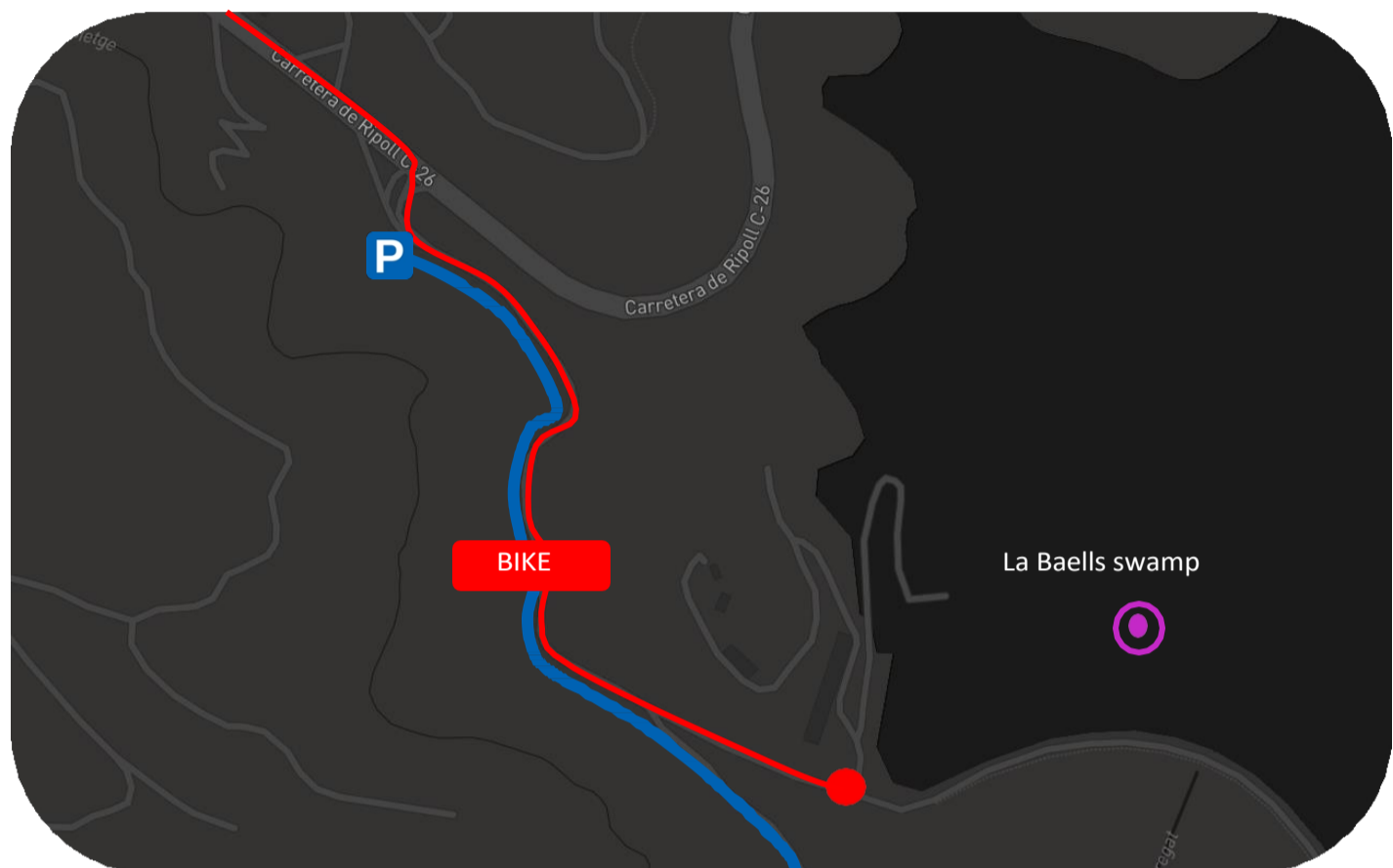
**Entry** into the box at one end and **exit at the** at the opposite end to compensate for distances.



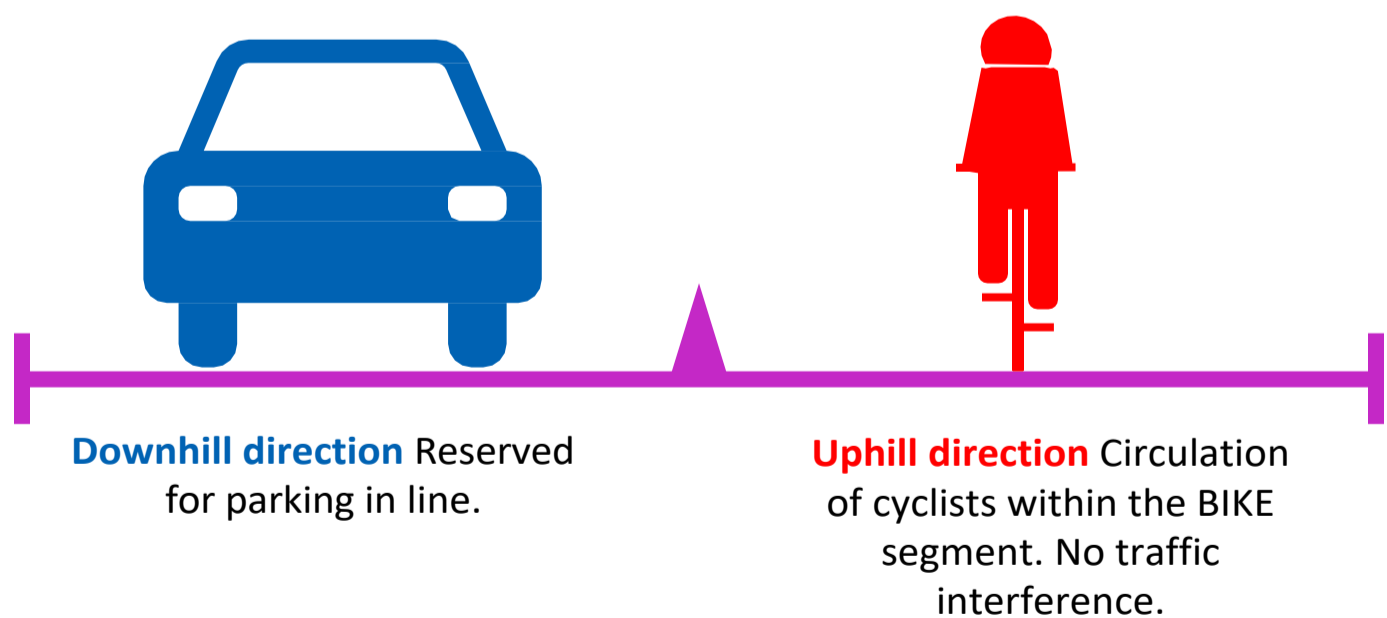
You may not get on the bike until you cross the **riding line**, which is located outside the box, just before the start of the cycling segment.

# CAUTION

## START OF THE CYCLING SEGMENT



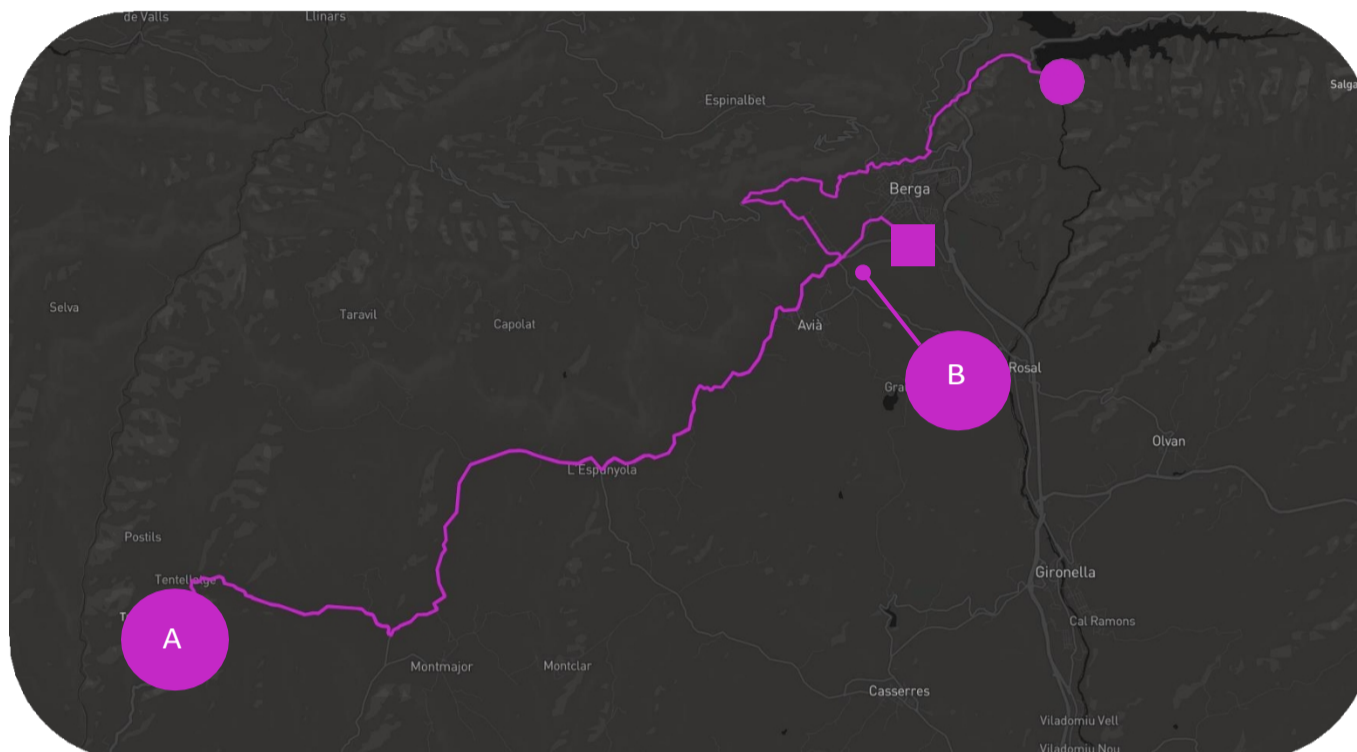
In the first 550m of the cycling segment, just to leave the swamp, the roadway **will share uses**.



# ROUNDS

## CYCLING SEGMENT

**HALF / AQUABIKE**



Lap distance: 45 km

Number of laps to complete: 2

**Total distance cycling segment: 90 km**

### Cut-off times

- **HALF:** 03:30:00 (pace 26km/h)
- **AQUABIKE:** 03:30:00 (pace 26km/h)

### Instructions

Circuit closed to traffic for two laps with an initial link part

(from the marsh to point B). Two 180° turns,

(A) and (B). Circulation on the right side of the road. Failure to completely complete the marked route: DQ. Exceeding the cut-off time: DNF.



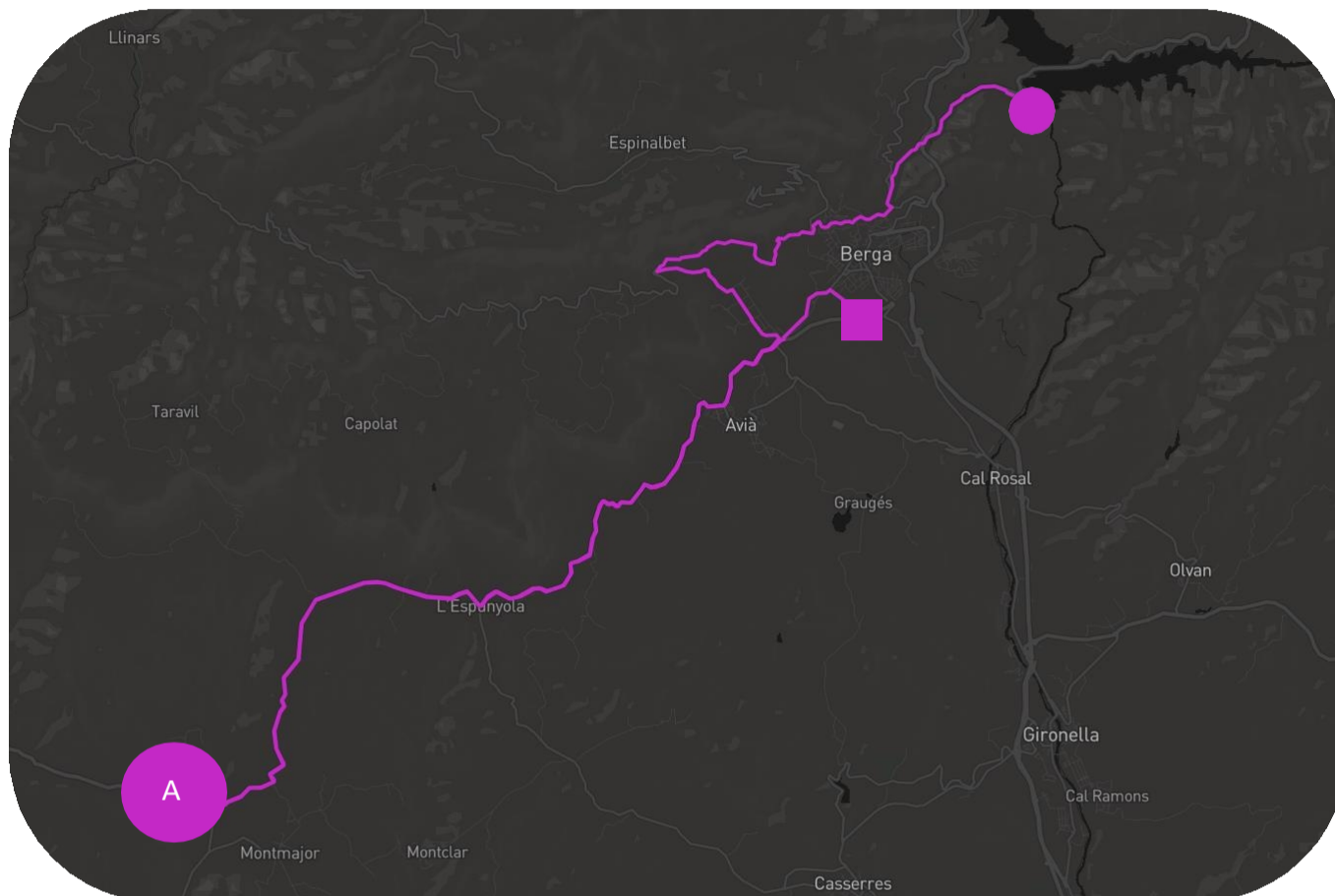
Information on **refreshment points** on page 29.

page 29

# ROUNDS

## CYCLING SEGMENT

### OLYMPIC



Lap distance: 40 km

Number of laps to complete: 1

**Total distance cycling segment: 40 km**

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#### Cut-off times

- **OLYMPIC: 01:30:00** (pace 26km/h)

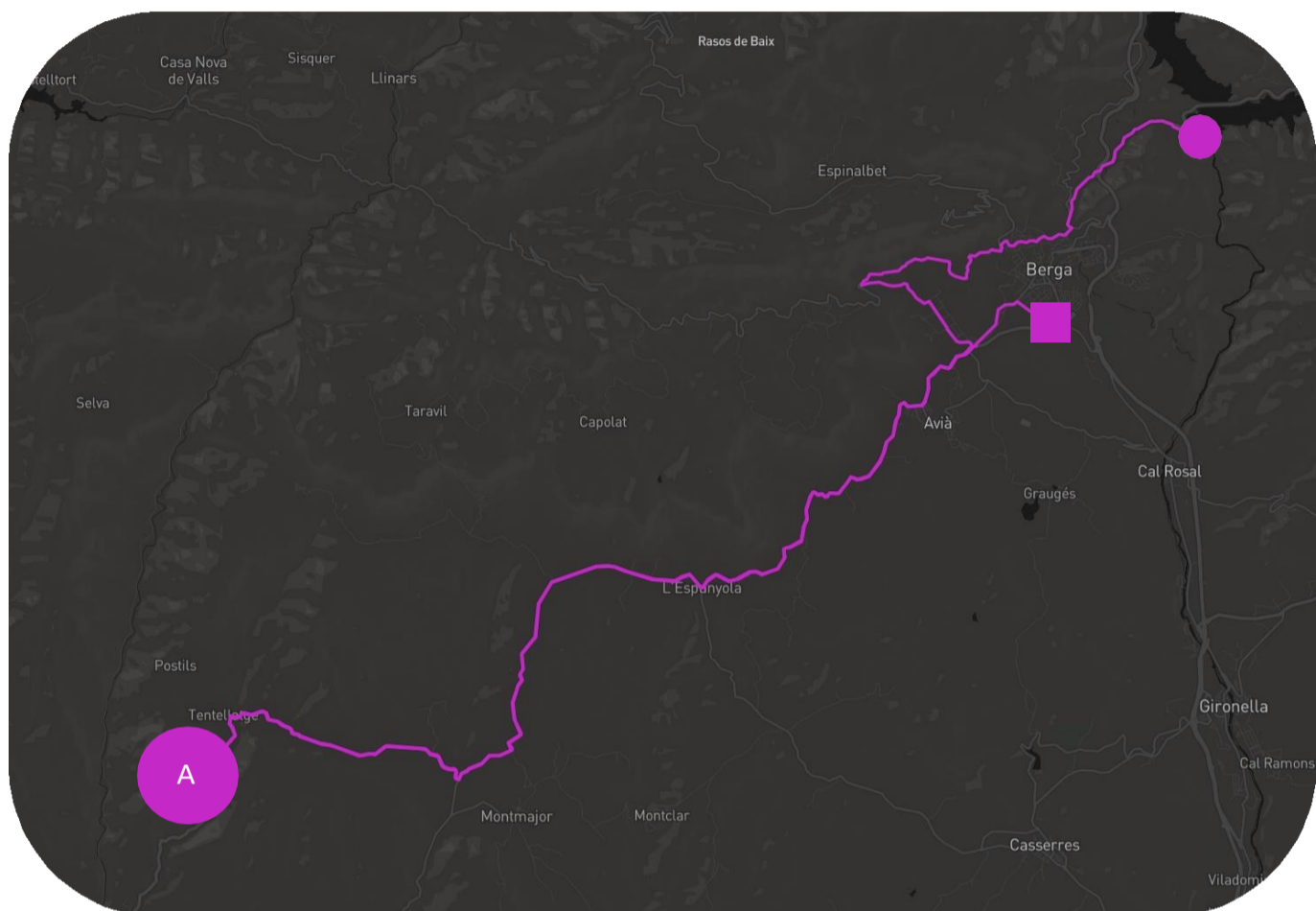
#### Instructions

Circuit closed to traffic for one lap only. Only one 180° turn, point (A). Circulation on the right side of the road. Failure to completely complete the marked course: DQ. Exceeding the cut-off time: DNF.

# ROUNDS

## CYCLING SEGMENT

### SHORT



Lap distance: 55 km

Number of laps to complete: 1

**Total distance cycling segment: 55 km**

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#### Cut-off times

- **SHORT:** 02:00:00 (pace 26km/h)

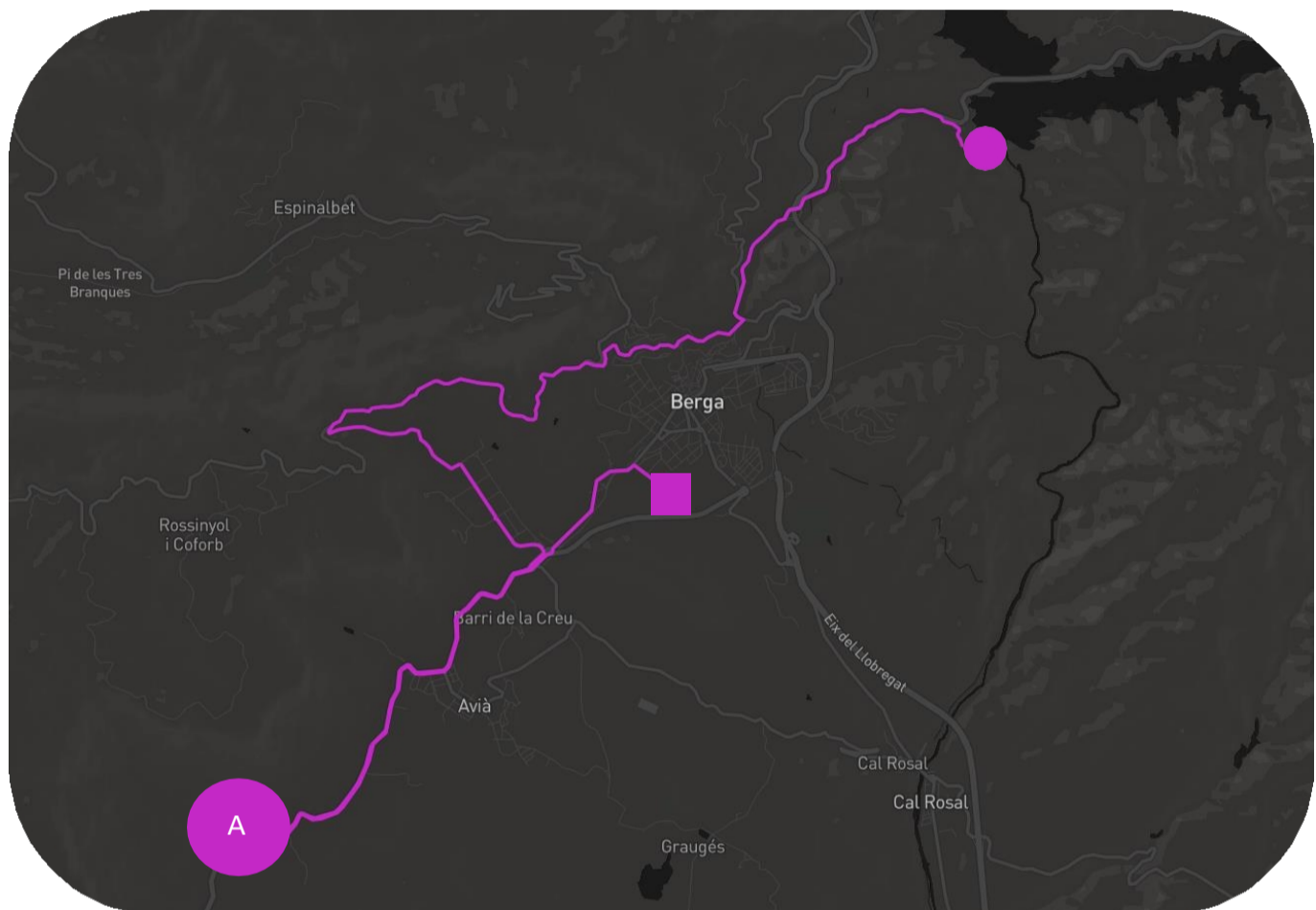
#### Instructions

Circuit closed to traffic for a single lap. Only one 180° turn: point (A). Circulation on the right side of the road. Failure to complete the marked course: DQ. Exceeding the cut-off time: DNF.

# ROUNDS

## CYCLING SEGMENT

### SPRINT



Lap distance: 20 km

Number of laps to complete: 1

**Total distance cycling segment: 20 km**

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#### Cut-off times

- **SPRINT: 00:45:00** (pace 26km/h)

#### Instructions

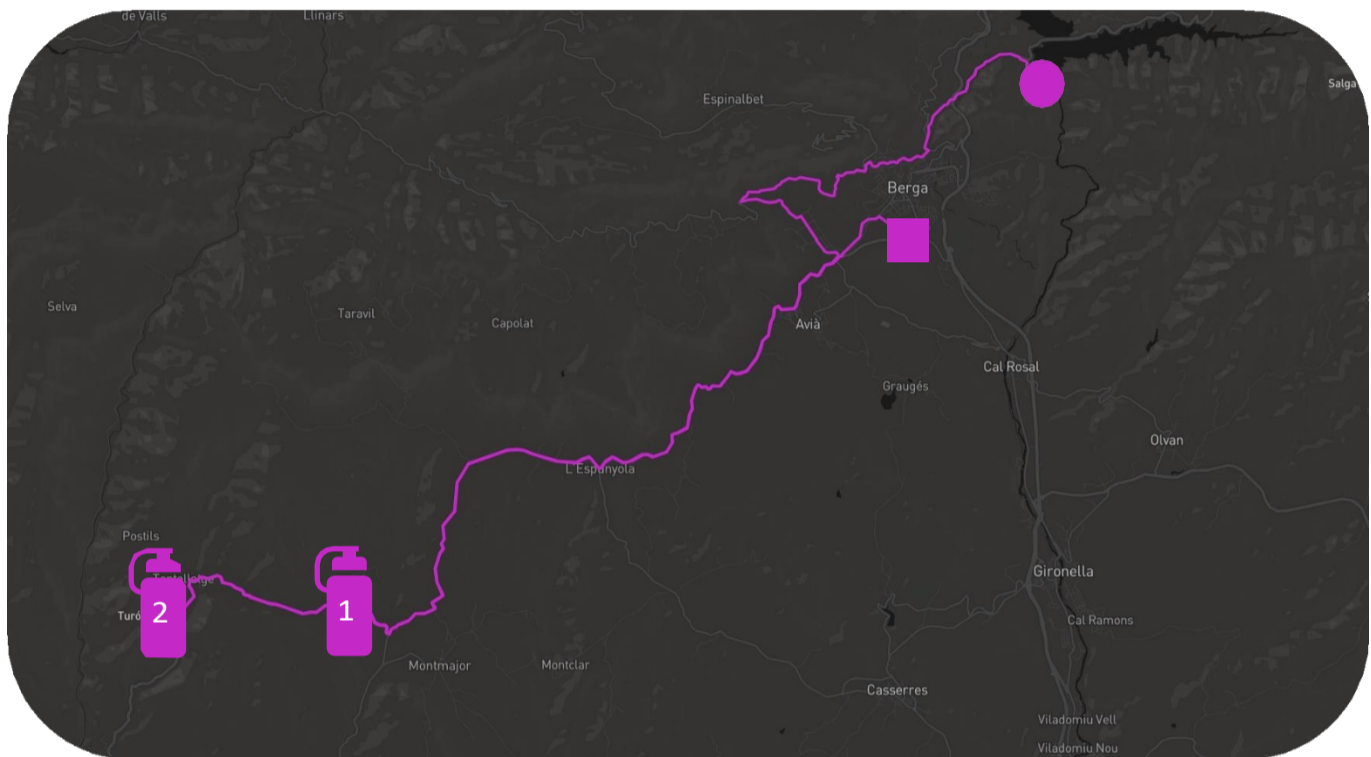
Circuit closed to traffic for a single lap. Only one 180° turn: point (A). Circulation on the right side of the road. Failure to complete the marked course: DQ. Exceeding the cut-off time: DNF.

# ROUNDS

## CYCLING SEGMENT

## REFRESHMENTS

Exclusively for [Half](#), [Aquabike](#) and [Short](#) participants.



The refreshment point is located at points 1 and 2. At refreshment point 1 you pass through **once** (1) in [Short](#) distance; while at point 2 you pass through twice (2) times in [Short](#) distance

2 is passed **two** (2) times at distance [Half](#) i [Aquabike](#).

### Provisioning product



#### LIQUID:

- Drum with isotonic *Sport Iso Nutrisport*.
- Bottled water



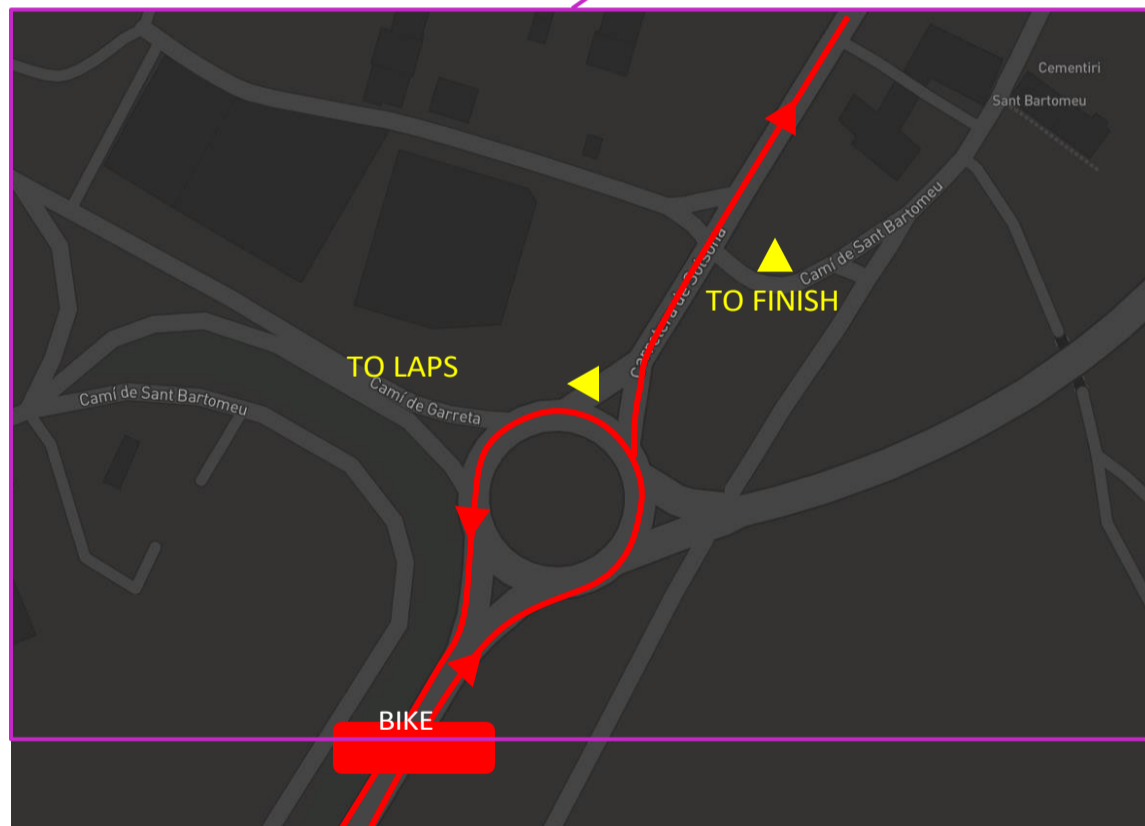
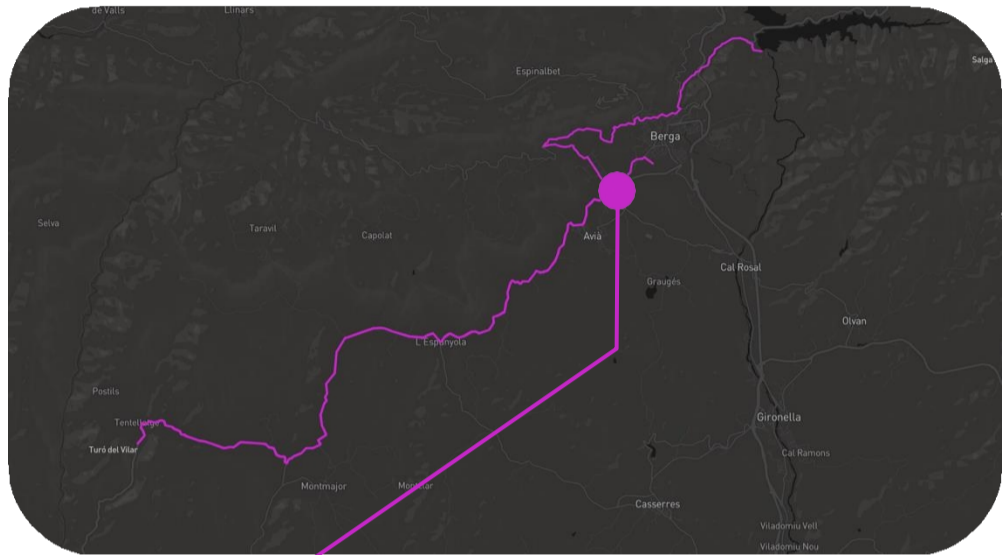
#### SOLID:

- Gel *Hgel Nutrisport*

# ROUNDS

## CYCLING SEGMENT

### LAP SYSTEM



The crossing points are equipped with a **lap verification** system. We warn you: we don't miss a single one. And if we catch you, DQ!

## RECORRIDOS

### CYCLING TRACKS

The race files ("tracks") in .GPX format are available for any of the distances on the web.

#### HALF / AQUABIKE

SWIM BIKE RUN

[Ver Plan B](#)

Espectacular recorrido por las carreteras del Berguedà



90 km.



1380 m. Desnivel



2 Vueltas de 45km.



3/5 Dificultad



Descargar Track

#### OLYMPIC

SWIM BIKE RUN

[Ver Plan B](#)

Espectacular recorrido por las carreteras del Berguedà



40 km.



750 m. Desnivel



1 Vuelta



2/5 Dificultad



Descargar Track

# RECORRIDOS

## CYCLING TRACKS

The race files ("tracks") in .GPX format are available for any of the distances on the web.


### SHORT

SWIM BIKE RUN


[Ver Plan B](#)

Espectacular recorrido por las carreteras del Berguedà.

 55 km.

 930 m. Desnivel

 1 Vuelta

 3/5 Dificultad

 Descargar Track


### SPRINT

SWIM BIKE RUN


[Ver Plan B](#)

Espectacular recorrido por las carreteras del Berguedà

 20 km.

 350 m. Desnivel

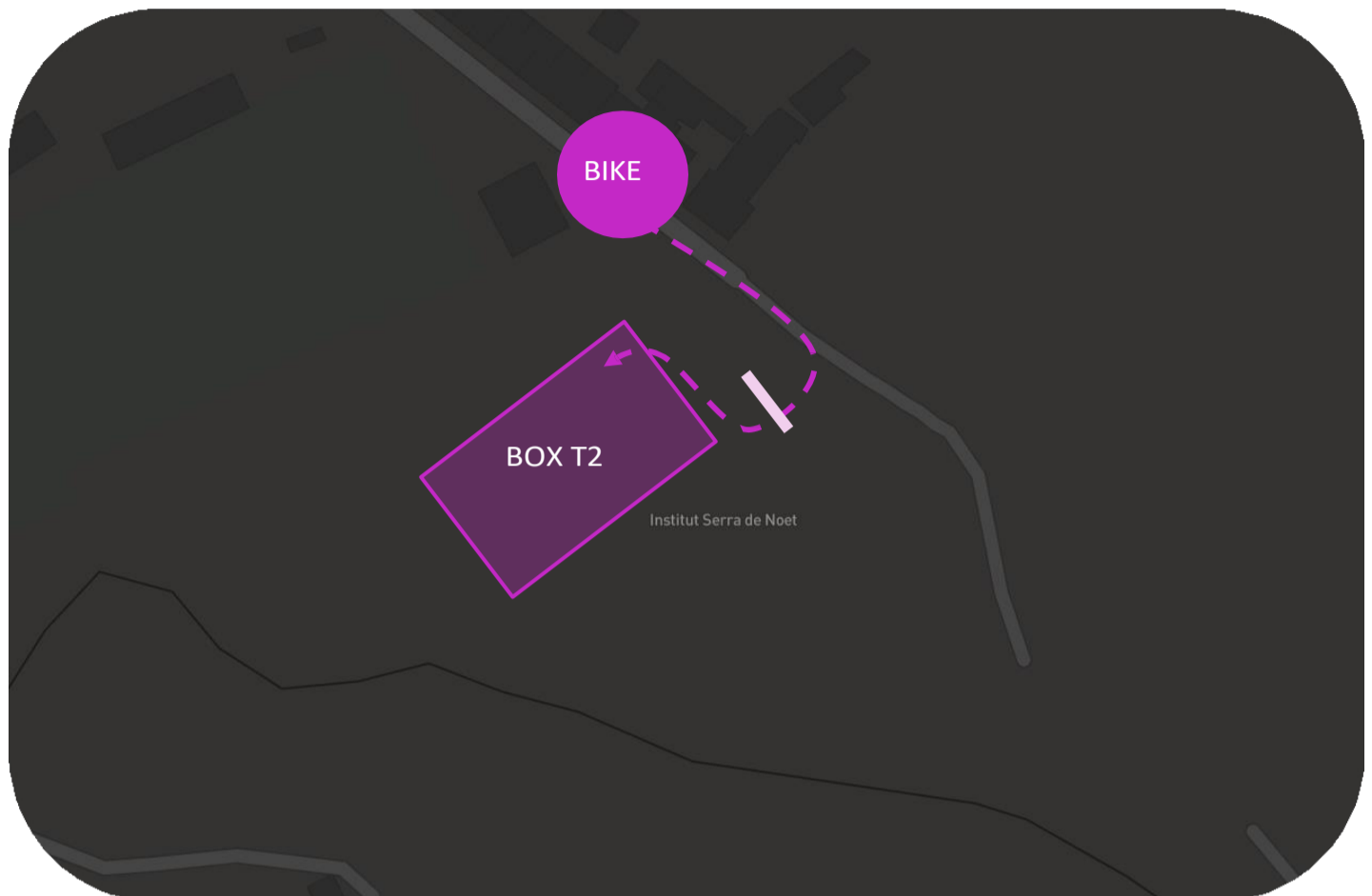
 1 Vuelta

 2/5 Dificultad

 Descargar Track

# RECORRIDOS

## TRANSITION T2 (BIKE→ RUN)



Time control at the **entrance** of the box



Entry to the box by dismounting the bike on the dismounting line.

**dismounting line.**

### What about the participants of the Aquabike?

The Aquabike ends at the moment of the **entry of T2** (official time). The participant leaves his equipment in the box and goes to the finish line to collect his medal, following the same route as the triathletes who do the run segment. Aquabike participants cross the finish line like the rest of the participants.

# RECORRIDOS

## INTERNAL CIRCULATION BOX

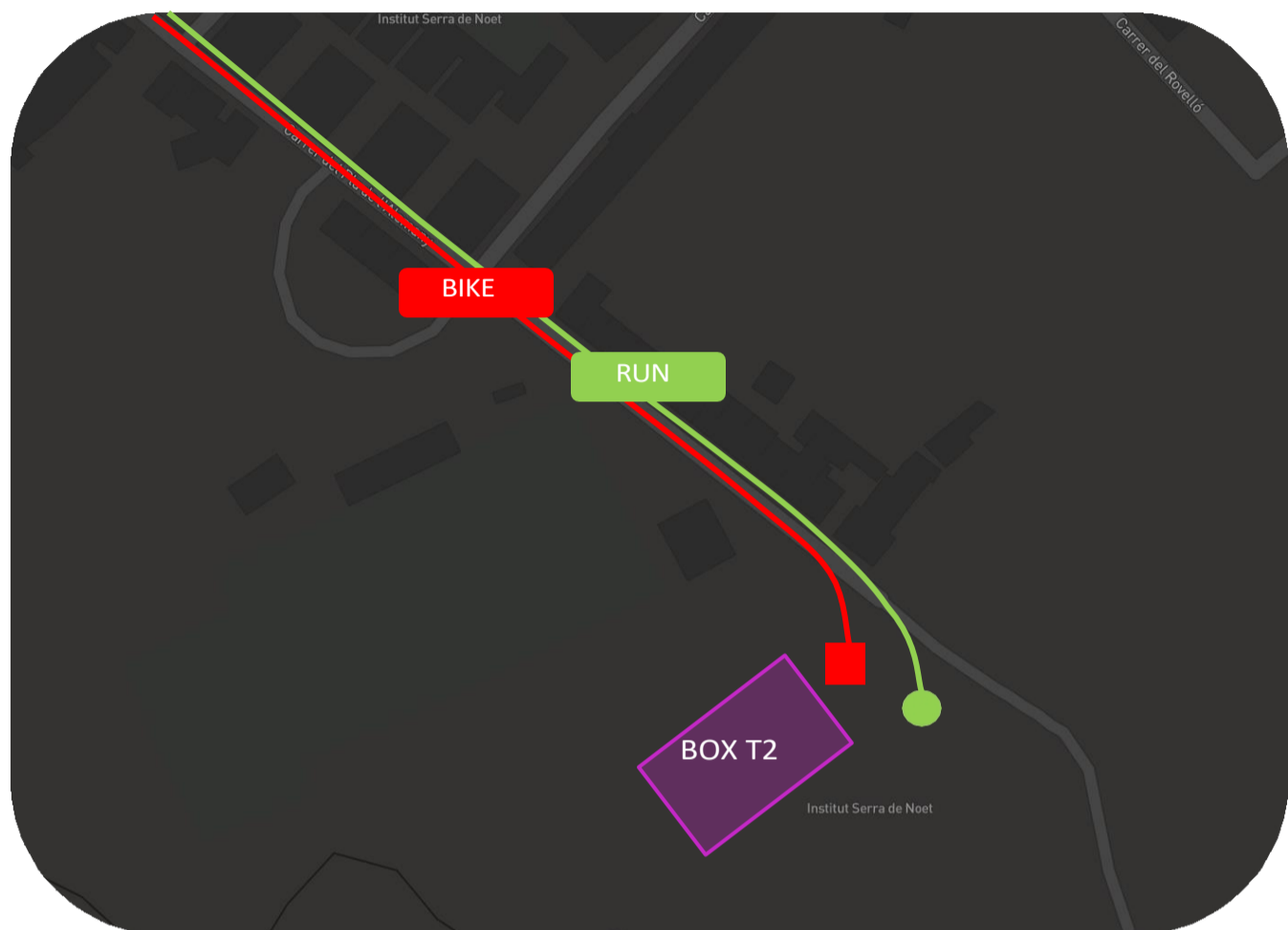


**Entrance** to the box at one end and exit at the opposite end to compensate distances.

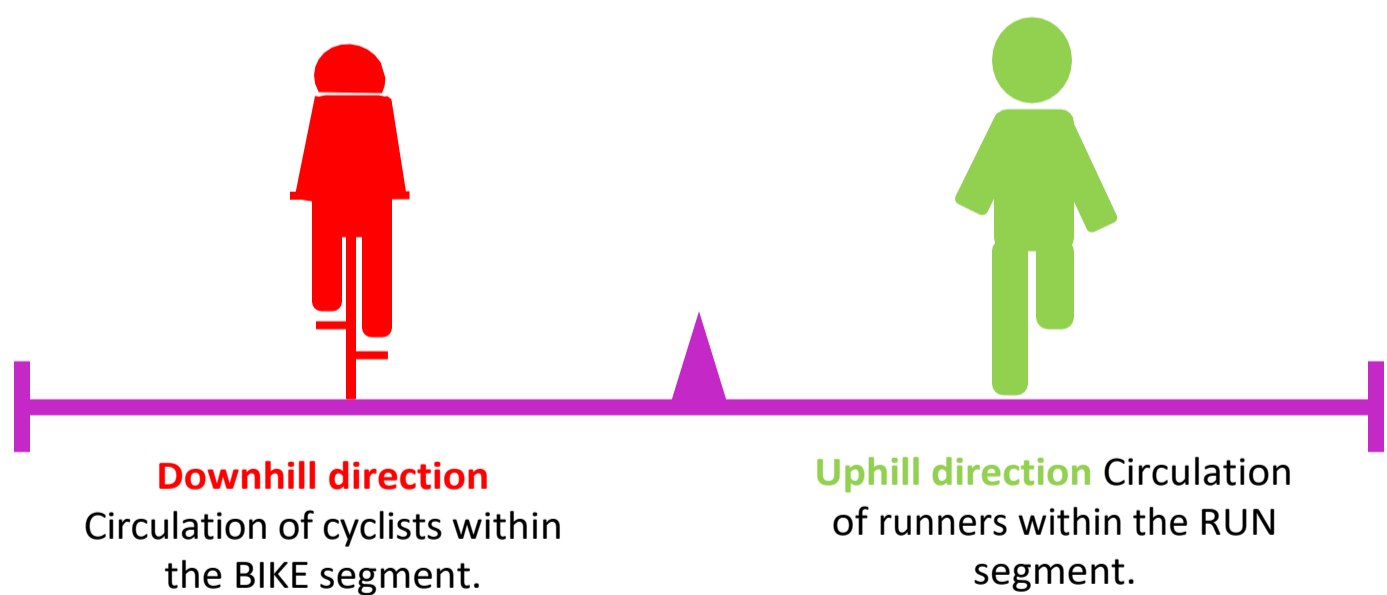
**Circulation** ALWAYS in the same direction.

## CAUTION

### START OF RACE SEGMENT



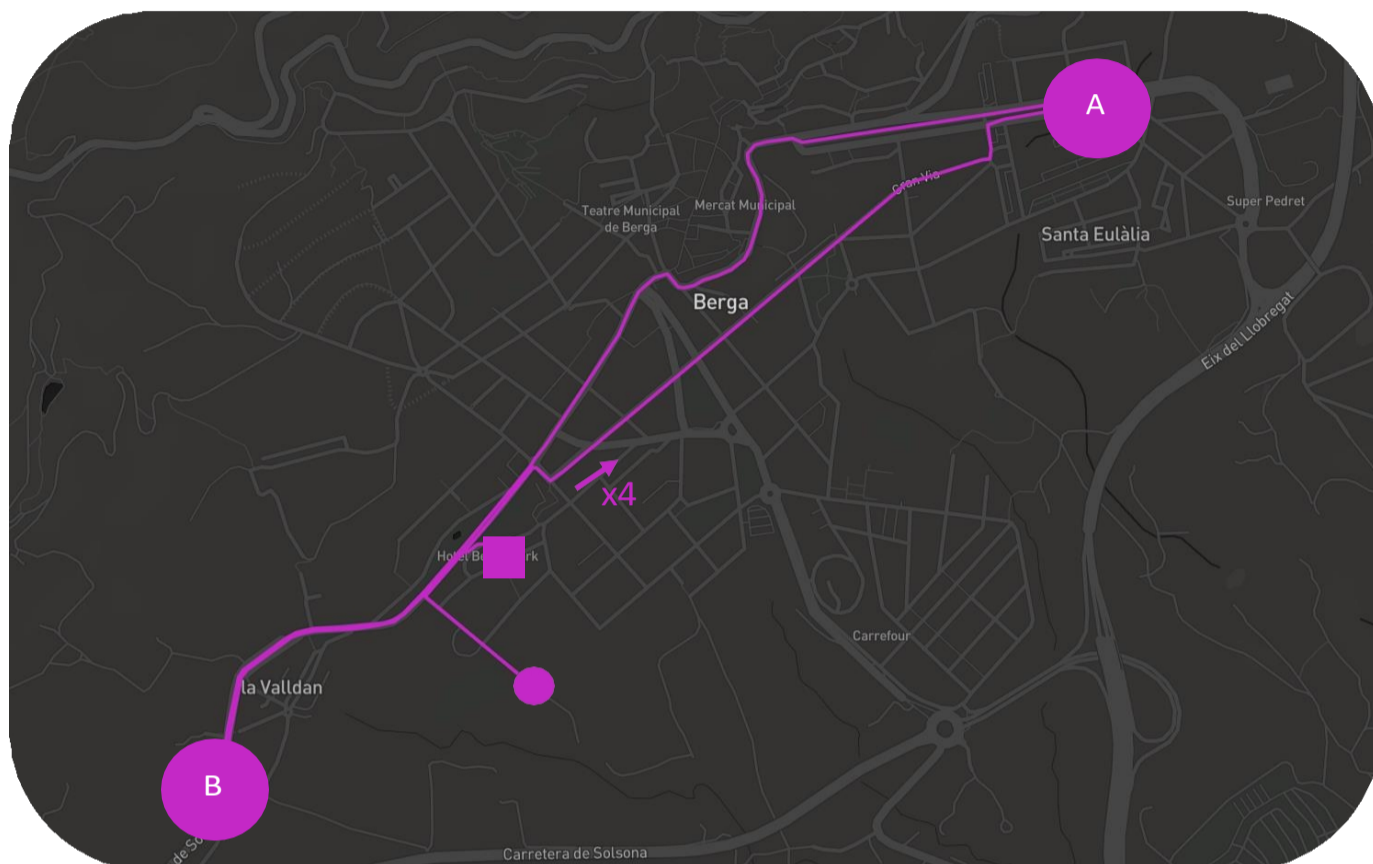
In the first 300m of the run segment, just outside the T2 box, the roadway **will be shared**.



# ROUNDS

## RUN SEGMENT

### HALF



Lap distance: 5 km

Number of laps to complete: 4

**Total distance of race segment: 20 km**

#### Cut off times

- **HALF:** 02:15:00 (pace 07:00min/km)

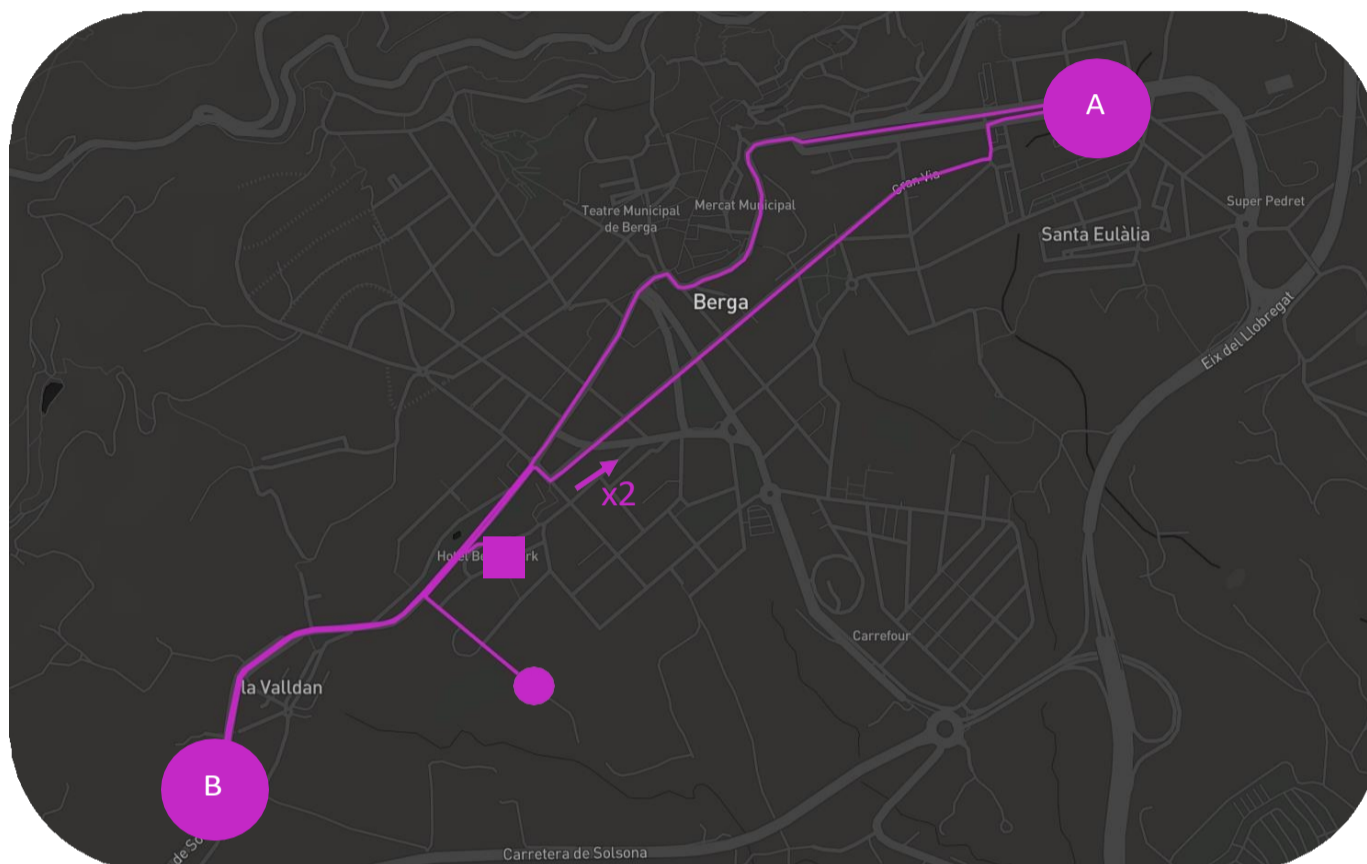
#### Instructions

Circuit closed to traffic for four complete laps and marked with cones and fences. Circulation ALWAYS on the right side of the course. Two 180° turns, points (A) and (B). Initial link section to leave the box, and arrival at Hotel Berga Park. Failure to complete the entire course: DQ, and exceeding the cut-off time: DNF.

# ROUNDS

## RUN SEGMENT

**OLYMPIC** / SHORT



Lap distance: 5 km

Number of laps to complete: 2

**Total distance of race segment: 10 km**

### Cut-off times

- **OLYMPIC:** 01:10:00 (pace 07:00min/km)
- **SHORT:** 01:15:00 (pace 07:00min/km)

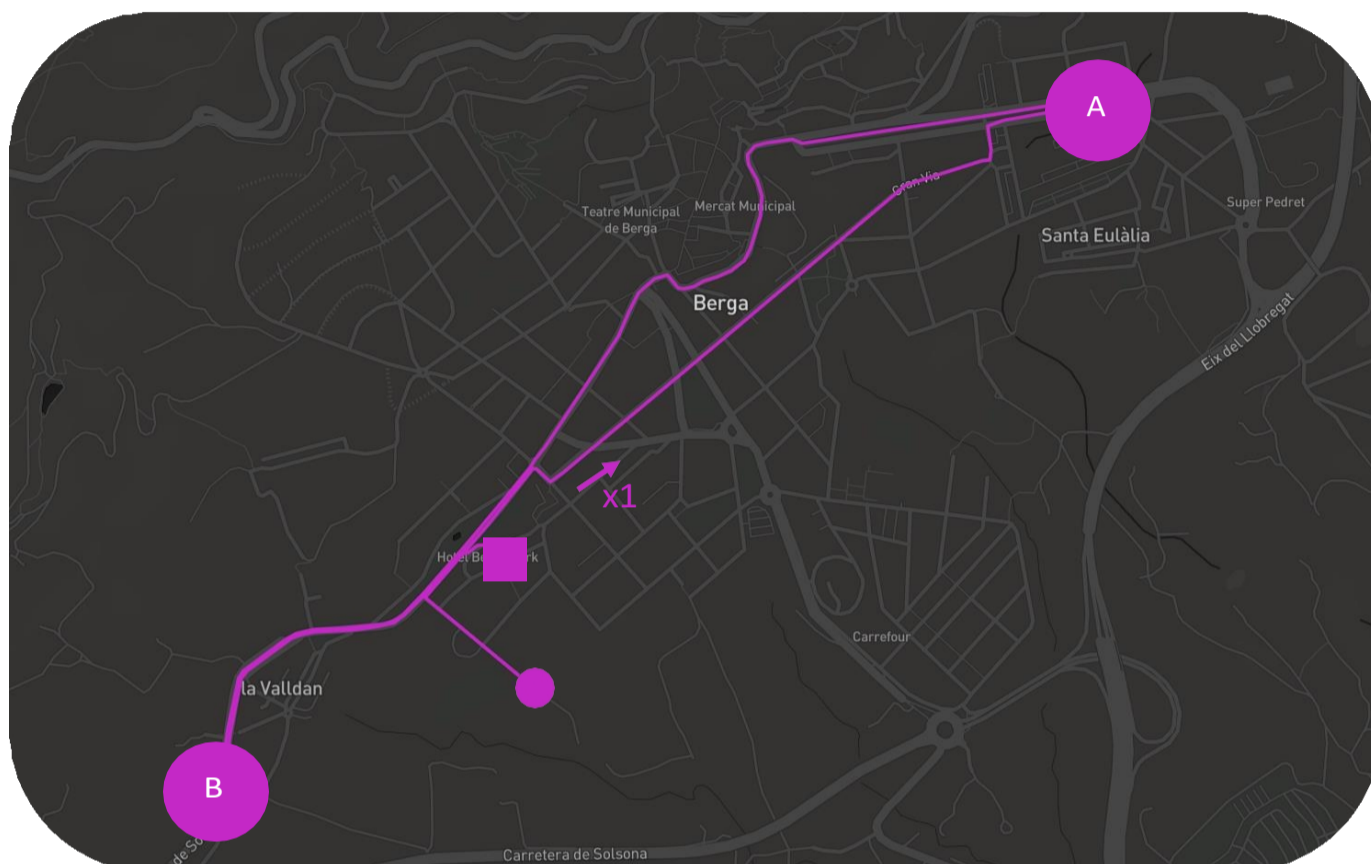
### Instructions

Circuit closed to traffic for two complete laps and marked with cones and fences. Circulation ALWAYS on the right side of the course. Two 180° turns, points (A) and (B). Initial link section to leave the box, and arrival at Hotel Berga Park. Failure to complete the entire course: DQ, and exceeding the cut-off time: DNF.

# ROUNDS

## RUN SEGMENT

### SPRINT



Lap distance: 5 km

Number of laps to complete: 1

**Total distance of race segment: 5 km**

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#### Cut-off times

- **SPRINT: 00:35:00 (07:00 min/km)**

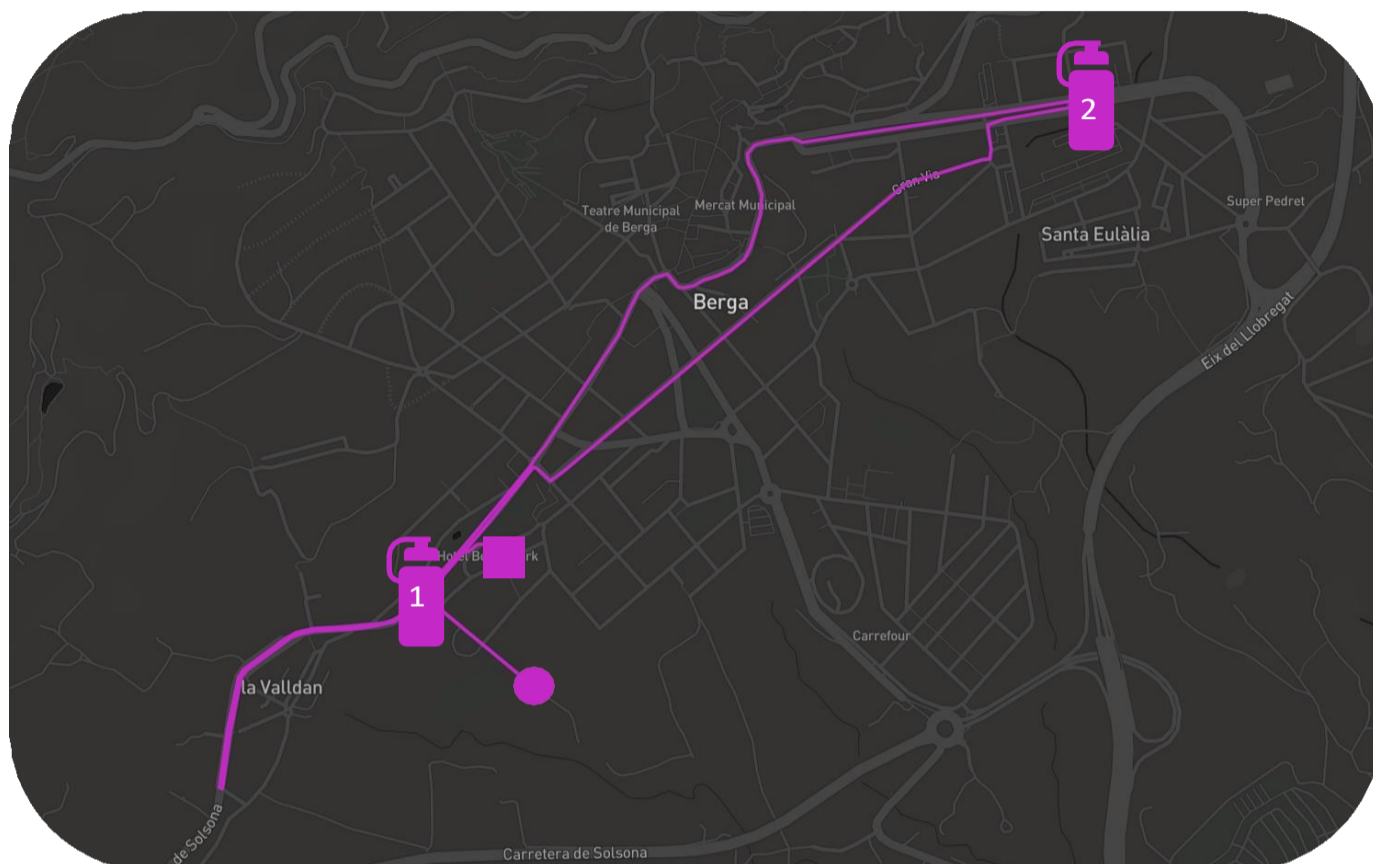
#### Instructions

Circuit closed to traffic only one lap and marked with cones and fences. Circulation ALWAYS on the right side of the course. Two 180° turns, points (A) and (B). Initial link section to leave the box, and arrival at Hotel Berga Park. Failure to complete the entire course: DQ, and exceeding the cut-off time: DNF.

# ROUNDS

## RUN SEGMENT

## REFRESHMENTS



The refreshment posts are located at **points 1** and **2**.

**2.**

The refreshment points are passed 8 times in the **Half** and **Relay** distance, 4 times in the **Olympic** and **Short**, and 2 times in the **Sprint**.

### Refueling product



#### LIQUID:

- Water in glass
- Powerade/Aquarius isotonic

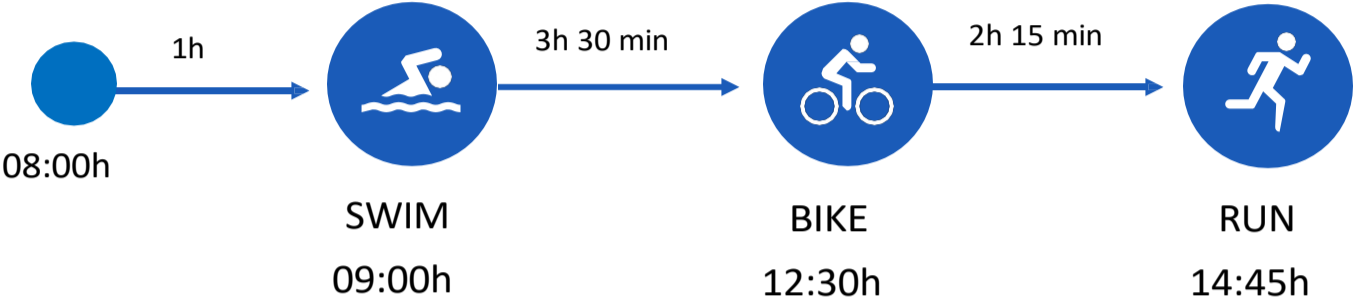


#### SOLID:

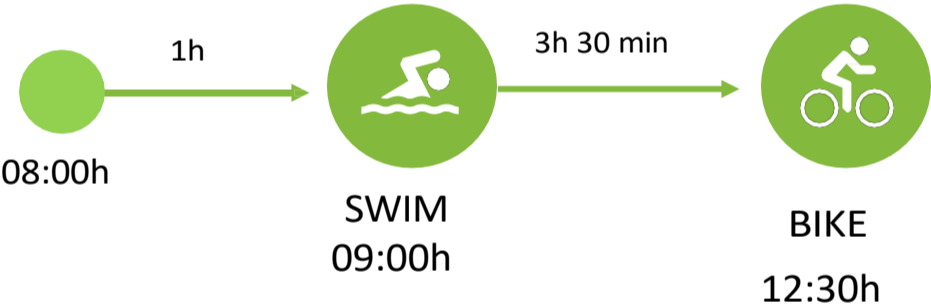
- Fruit
- *Nutrisport Hgel Gel*

## RECORRIDOS CUTOFF TIMES

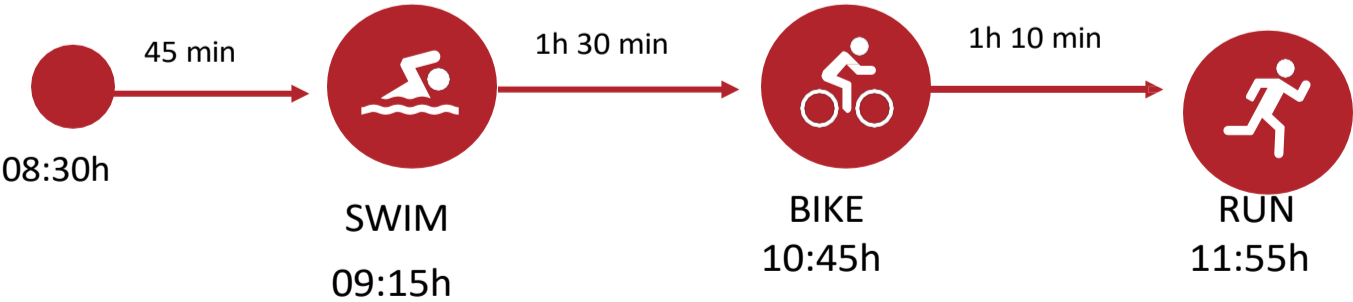
### HALF



### AQUABIKE



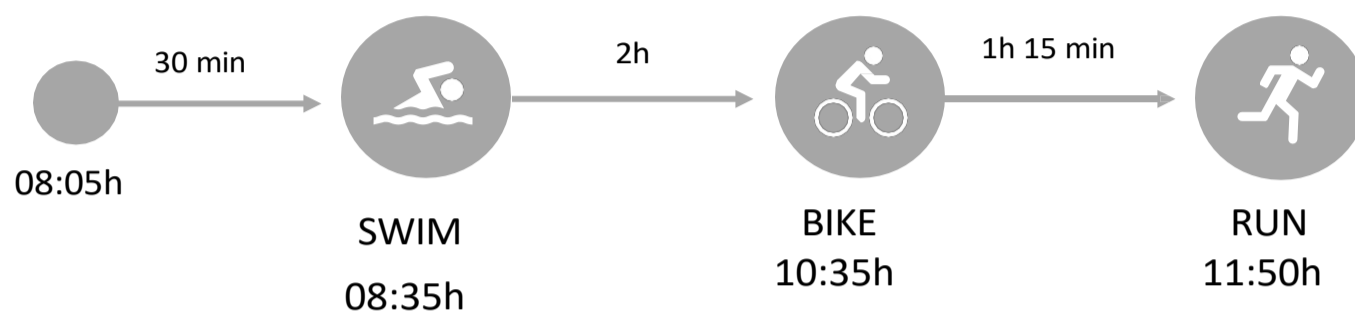
### OLYMPIC



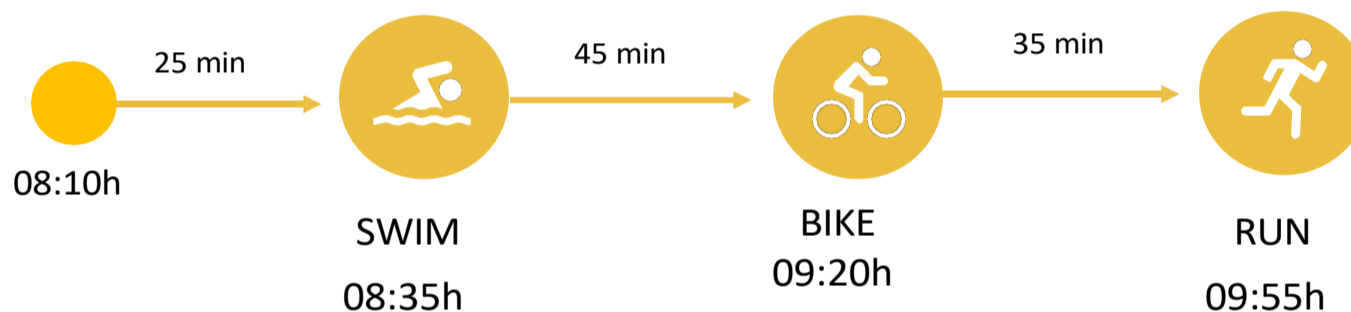
# RECORRIDOS

## CUTOFF TIMES

### SHORT

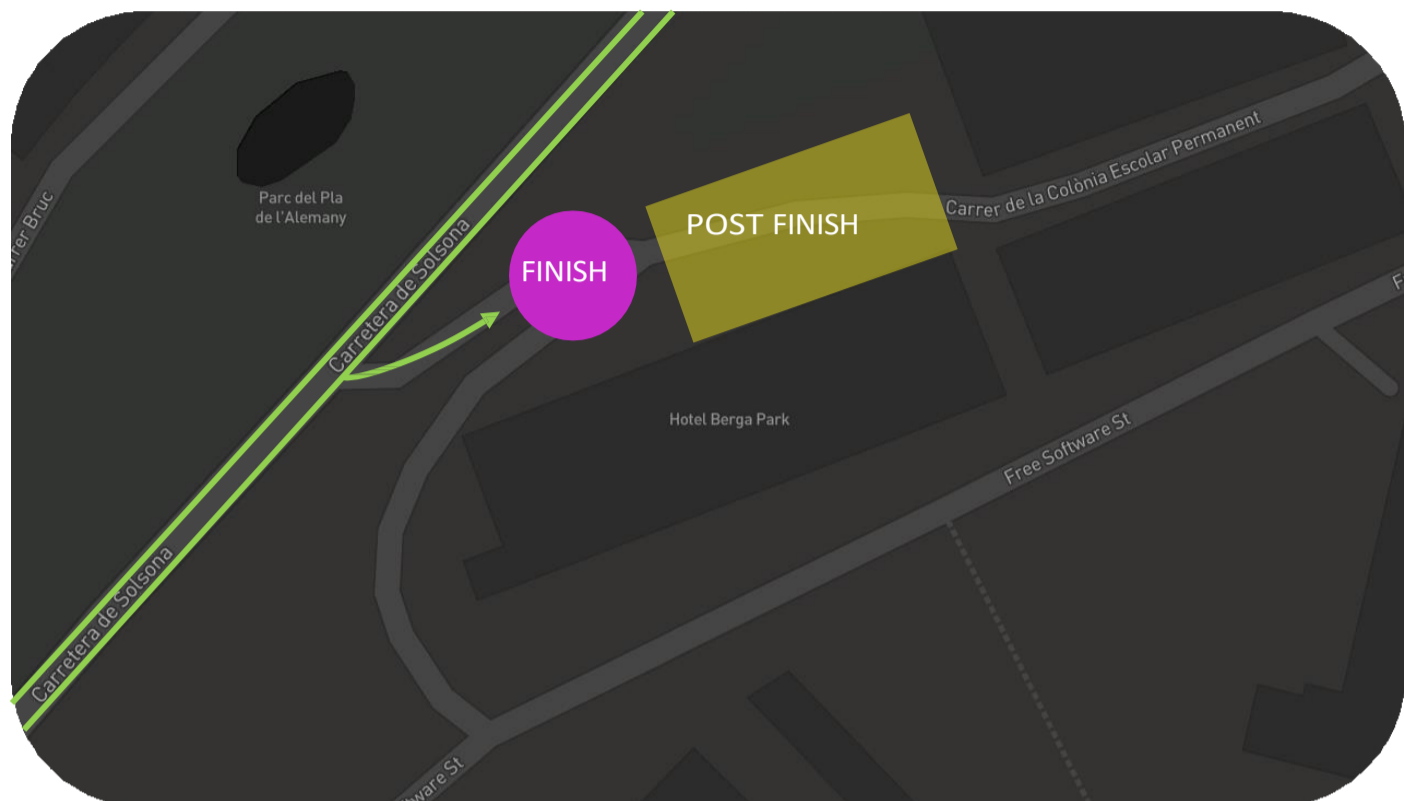


### SPRINT



# THE FINISH

## ACCESS TO FINISH AND POST-FINISH



Once the laps of the RUN segment are finished according to the modality, the triathlete crosses the **finish line** and goes to the recovery area (post-finish), where the trophy ceremony will also take place.



**REMEMBER** that the trophies will not be given after the award ceremony. Check your **result** at the following link:  
<https://100x100half.com/es/clasificaciones/berga>

### Aquabike Instructions

Aquabike participants finish the race when they enter the T2 (Box IN), from where they can move to the finish line to collect their medal and move to the post-finish.

## AFTER THE FINISH

Once arrived at a finish line it remains **enjoy** the **moment**.

You will have given everything, and that is why our team will have prepared a final refreshment area with drinks and food for you to recover your strength, as well as a whole *paddock* with supplies, checkroom, WC's...

Showers will be available in the changing rooms of the municipal field of the Club Esportiu Berga.



**And the photos?** You will have them available in the following link

(<https://fotos.100x100half.com/>) 48 hours

following a the completion of the race.

Rate us @100x100half!

## THE CHECK-OUT

The pit check-out (both boxes T1 and T2) will take place **together** in box T2, located at the Institut Serra de Noet.

Our logistics team will **pick up all the material** at the reservoir (T1) and bring it down to Berga (T2).

The **Check-Out Boxes** is from 13h to 15h.



### **VERY IMPORTANT.**

Before to th time stipulated for the Check-Out (13h), <sup>e</sup> NO material will not be delivered nor will it be possible to pick up anything.

# THE TROPHIES

Our **trophy protocol** consists of a complete podium (from first to fifth) of the absolute male and female, as well as a recognition to the first classified of each age group.

## ABSOLUTE MALE CATEGORY



## ABSOLUTE FEMALE CATEGORY



## AGE GROUPS MALE



- GE 16-24 years old
- GE 25-29 years old
- GE 30-34 years old
- GE 35-39 years old
- GE 40-44 years old
- GE 45-49 years
- GE 50-54 years
- GE 55-59 years
- GE 60-64 years
- GE +65 years

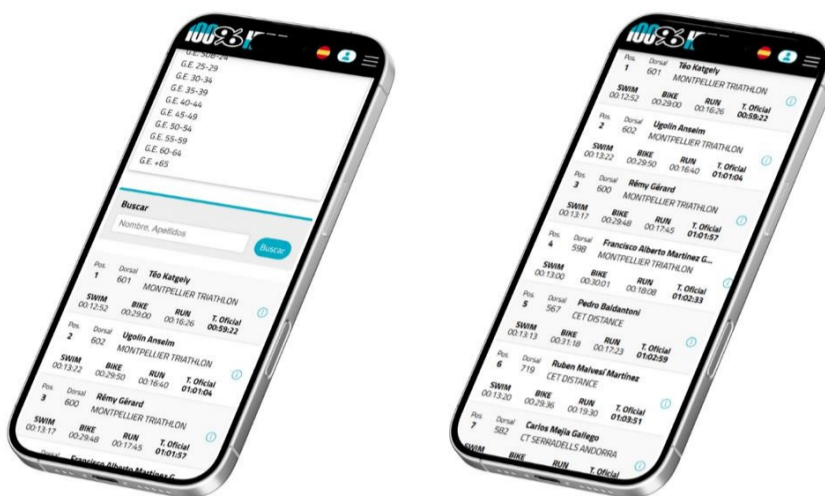
## AGE GROUPS FEMALE



- GE 16-24 years old
- GE 25-29 years old
- GE 30-34 years old
- GE 35-39 years
- GE 40-44 years
- GE 45-49 years
- GE 50-54 years
- GE 55-59 years
- GE 60-64 years
- GE +65 years

## THE RESULTS

We upload the results **immediately** on our website, where you can consult all the classifications and categories.



In the results page you can filter until you find your bib number, see the results of the different modalities and categories, consult the podium as well as access the results history of the race.



RESULTS

## WE STEAL...

...a minute to tell you that the 100x100 HALF clubs league is awarding **€15,600 in cash prizes** to the five best male and female clubs. The excitement and competition is on! Berga is the second venue: the second opportunity of a circuit that will culminate on October 26 in L'Ametlla de Mar.

In the rules of the race you will find all the information about the operation and scores.



Thanks for living the triathlon as we do!

# ACKNOWLEDGEMENTS

A **very special one for you**: thank you for coming and for making us enjoy your race.

And also, to:

- Our sponsors and partners
- Berga City Council
- Local Police of Berga
- Berguedà Regional Council
- Mossos d'Esquadra, Traffic Unit

Official sponsors



Official Timing



Organizer



Belonging to



