



CHALLENGE
BARCELONA
TRIATLÓ

ATHLETE'S **GUIDE**

OCTOBER
25-26
2025



Ajuntament de
Barcelona



www.triathlon.barcelona

INDEX

(Click on any of the titles in the table of contents to go directly to the desired section)

PROGRAM	4
GENERAL MAP	7
ATHLETE PACK PICKUP	8
TRI EXPO	9
TRANSITION BAGS	11
CHECK-IN	12
TRANSITION AREA - BOX	15
RULES AND REGULATIONS	16
SWIM COURSE	17
TRANSITION 1 - SWIM TO BIKE	19
CYCLING COURSE	20
DRAFTING CYCLING COURSE	27
CYCLING COURSE AID STATIONS	28
TRANSITION 2 - BIKE TO RUN	29
RUNNING COURSE	31
RUNNING COURSE AID STATIONS	32
CUT-OFF TIMES	33
POST-FINISH SERVICES	35
CHECK-OUT	37
AWARDS	38
LIVE RESULTS	40
THE CHAMPIONCHIP	42
RELAY TEAMS	43
PAIRS CATEGORY	45
HEALTH RECOMMENDATIONS	46
ALTERNATIVE PLANS	49
ENVIRONMENTAL MEASURES	50



CHALLENGE FAMILY

RACE CALENDAR 2025/26

	CHALLENGE MOGÁN-GRAN CANARIA SPAIN, 26 APR 2025	MIDDLE
	CHALLENGE TAIWAN TAIWAN, 26 APR 2025	LONG MIDDLE OLYMPIC
	CHALLENGE GALLIPOLI TÜRKIYE, 4 MAY 2025	MIDDLE
	CHALLENGE CESENATICO ITALY, 11 MAY 2025	MIDDLE
	CHALLENGE SALOU SPAIN, 11 MAY 2025	MIDDLE
	THE CHAMPIONSHIP SLOVAKIA, 18 MAY 2025	MIDDLE
	CHALLENGE ST PÖLTEN AUSTRIA, 25 MAY 2025	MIDDLE
	LOTTO CHALLENGE GDAŃSK POLAND, 22 JUN 2025	MIDDLE
	CHALLENGE SANDEFJORD NORWAY, 29 JUN 2025	MIDDLE
	CHALLENGE KAISERWINKL-WALCHSEE AUSTRIA, 29 JUN 2025	MIDDLE
	SAIL CHALLENGE CAP QUÉBEC CANADA, 29 JUN 2025	MIDDLE OLYMPIC
	DATEV CHALLENGE ROTH GERMANY, 6 JUL 2025	LONG
	CHALLENGE NEW JERSEY STATE USA, 20 JUL 2025	OLYMPIC
	CHALLENGE TURKU FINLAND, 27 JUL 2025	MIDDLE
	CHALLENGE GUNSAN-SAEMANGEUM KOREA, 17 AUG 2025	MIDDLE
	CHALLENGE SAMARKAND UZBEKISTAN, 24 AUG 2025	MIDDLE
	CHALLENGE FORTALEZA BRAZIL, 31 AUG 2025	MIDDLE

	CHALLENGE MALAYSIA MALAYSIA, 31 AUG 2025	MIDDLE
	CHALLENGE BEIJING CHINA, TBC SEP 2025	OLYMPIC
	SAIL CHALLENGE ESPRIT MONTRÉAL CANADA, 7 SEP 2025	MIDDLE OLYMPIC
	CHALLENGE ALMERE-AMSTERDAM NETHERLANDS, 13 SEP 2025	LONG MIDDLE
	CHALLENGE SANREMO ITALY, 21 SEP 2025	MIDDLE
	CHALLENGE VIEUX BOUCAU FRANCE, 11 OCT 2025	MIDDLE OLYMPIC
	CHALLENGE PEGUERA MALLORCA SPAIN, 18 OCT 2025	MIDDLE
	CHALLENGE FORTE VILLAGE SARDINIA ITALY, 26 OCT 2025	MIDDLE
	CHALLENGE BARCELONA SPAIN, 26 OCT 2025	MIDDLE
	CHALLENGE XIAMEN CHINA, 2 NOV 2025	MIDDLE OLYMPIC
	CHALLENGE CANBERRA AUSTRALIA, 15-16 NOV 2025	MIDDLE OLYMPIC
	CHALLENGE FLORIANÓPOLIS BRAZIL, 6 APR 2025	MIDDLE
	CHALLENGE ISRAMAN ISRAEL, 30 JAN 2026	LONG MIDDLE
	CHALLENGE SIR BANI YAS ABU DHABI, 30 JAN - 1 FEB 2026	LONG MIDDLE OLYMPIC
	GALLAGHER INSURANCE CHALLENGE WĀNAKA NEW ZEALAND, 21 FEB 2026	MIDDLE
	GDANSK MARATHON POLAND, 19 APRIL 2026	MARATHON



ALL RACES ARE QUALIFICATION
RACES FOR THE CHAMPIONSHIP

PROGRAM

FRIDAY, OCTOBER 24

TIME	ACTIVITY	LOCATION
15:00 – 19:00	TRI EXPO	CEM La Mar Bella
15:00 – 19:00	Bib and participant gift collection	TRI EXPO

SATURDAY, OCTOBER 25

TIME	ACTIVITY	LOCATION
9:00 – 18:00	TRI EXPO	CEM La Mar Bella
9:00 – 18:00	Bib and participant gift collection	TRI EXPO
9:00 – 19:00	Check-In (Transition Area – Box)	Pistes d'Atletisme de la Mar Bella
10:00	1st Start – Aquathlon	Platja de la Mar Bella
10:15	2nd Start – Open Water 1.900m	Platja de la Mar Bella
10:30	3rd Start – Open Water 3.800m	Platja de la Mar Bella
11:30	PRO Middle Distance Athlete Briefing (Spanish)	CEM La Mar Bella
12:00	PRO Middle Distance Athlete Briefing (English)	CEM La Mar Bella

IMPORTANT: Bib collection will not be available on Sunday.
 Bike CHECK-IN must be done on Saturday. Only in exceptional cases will bikes be allowed to enter on Sunday.

ATTENTION: In the early hours of Sunday, the time will change – at 3:00 a.m. it will become 2:00 a.m. You'll get one extra hour of sleep!

PROGRAM

SUNDAY, OCTOBER 26

TIME	ACTIVITY	LOCATION
6:30	Check-In Opening (Transition Area – Box)	<u>Pistes d'Atletisme de la Mar Bella</u>
6:30 – 15:00	Bag Drop	<u>CEM La Mar Bella</u>
7:15 – 14:00	Road closures and restricted vehicle access	
7:50	1st Start – Federated + Relays + Pairs – Sprint	<u>Platja de la Mar Bella</u>
7:52	2nd Start – Non-Federated Individuals – Sprint	<u>Platja de la Mar Bella</u>
8:15	3rd Start – Men – PRO Middle	<u>Platja de la Mar Bella</u>
8:17	4th Start – Women – PRO Middle	<u>Platja de la Mar Bella</u>
8:20	5th Start – Age Groups – Middle	<u>Platja de la Mar Bella</u>
8:38	First Middle athlete finishes swimming	<u>Platja de la Mar Bella</u>
8:50	First Sprint athlete finishes the race	<u>Passeig Marítim del Bogatell</u>
9:30	Awards Ceremony – Sprint	<u>Passeig Marítim del Bogatell</u>
9:45	6th Start – Junior Challenge	<u>Platja de la Mar Bella</u>
10:35	First Middle athlete finishes cycling	<u>Pistes d'Atletisme de la Mar Bella</u>
11:45	First Middle athlete finishes the race	<u>Passeig Marítim del Bogatell</u>
12:30	Awards Ceremony – PRO Middle	<u>Passeig Marítim del Bogatell</u>
14:00	Awards Ceremony – Age Groups Middle	<u>Passeig Marítim del Bogatell</u>
9:30 – 17:00	Check-Out (Transition Area – Box)	<u>Pistes d'Atletisme de la Mar Bella</u>



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GENERAL MAP

- Swimming section
- Cycling section
- Running section



ATHLETE PACK PICKUP

LOCATION

In the TRI EXPO, Located in the CEM la Mar Bella
Av. del Litoral, 86-96, de Barcelona

SCHEDULES

- Friday, October 24th from 3:00 PM to 7:00 PM
- Saturday, October 25th from 9:00 AM to 6:00 PM

WHAT DO YOU NEED TO COLLECT YOUR RACE BIB?

- **Your ID or Passport**
- **Your triathlon license (Federation), in case you have not paid the day insurance.**
- **If you want to pick up another participant's ticket, you must present an authorization or an image of their ID via phone.**

IMPORTANT: If you didn't pay for day insurance during the race registration process, you must show your race membership license when you pick up your race pack. If you don't present it, you'll need to pay the €10 fee for day insurance by credit or debit card to collect your race number.

MATERIAL THAT WILL BE DELIVERED TO YOU

- **Bracelet with your bib number** (it is personal).
- **Bib number** (in the case of relay teams and couples, each member will have a number).
- **Sticker sheet** (one sticker for the bike, two for the helmet, and one for the backpack in the cloakroom). Note: The participants of the Middle Distance will have 2 stickers that must be placed, one on the bike bag and another sticker on the running race bag.
- **Black Bag for Bike material** (Middle Distance participants only).
- **Red Bag for the running race material** (Middle Distance participants only).
- **Swimming cap** (the color of your output).
- **Chip**, to be returned at the end of the race (IT IS MANDATORY to return it otherwise it will cost €15).
- You will have safety pins in case you need them.

VERY IMPORTANT: Bib pick-up will not be available on race day



TRI EXPO

WHAT IS IT?

This is the place where you can pick up all your equipment to participate in the event, as well as the event gifts. It's also the space where you'll find various stands from the main brands linked to the world of triathlon and endurance sports, where you can learn about the latest developments in the sector and try out different equipment.

In addition, you will have access to the official Challenge Barcelona Triatló store either with merchandising of the race. Admission is free and is open to participants, companions and any sports enthusiast.

LOCATION

CEM la Mar Bella, Av. del Litoral, 86-96, de Barcelona

Exit 23 (Poblenou – Bac de Roda) of the Ronda Litoral (B-10 towards Girona)

SCHEDULES

- Friday, October 24th from 3:00 PM to 7:00 PM
- Saturday, October 25th from 9:00 AM to 6:00 PM

IMPORTANT: You'll have access to a mechanical service to resolve any issues with your bike at the ORBIKES tent



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TRANSITION BAGS

IMPORTANT: This section is exclusively for MIDDLE DISTANCE participants. Participants in the SPRINT, AQUATHLON, JUNIOR CHALLENGE, and OPEN WATER categories do not have transition bags.

During the process of bib and race pack collection at the TRI EXPO, you will receive 2 transition bags of different colors (black and red). In addition, in the envelope containing your bib, you will find a sheet with stickers showing your bib number, which must be placed in the white box on each bag before leaving them in the transition area so they are properly identified.

- **Black bag (cycling):** This bag is for storing all the equipment you will use in the cycling segment that cannot be attached to the bike. On race day, this bag will be hung on your designated rack corresponding to your bib number, located along the row of tents in the transition area. After completing the swim segment, you must go to the tents, locate your bib number and bag, remove all cycling equipment, and place your swimming gear (goggles, swim cap, wetsuit, etc.) inside this bag. You must then return the bag to the same spot where you found it, i.e., hung on your designated rack. Under no circumstances may the bag be left on the ground. NOTE: The bike helmet can be securely placed on the handlebars before the race starts. After finishing the cycling segment, it must go in the red bag.
- **Red bag (running):** This bag contains all your running equipment and can be collected once you have finished the cycling segment. At the tents in the transition area, your red bag will be hanging inside the black bag with your bib number, which you placed there the day before or on the morning of the race. After completing the cycling segment and picking up your green bag, remove all running equipment, place the cycling items you used (helmet, glasses, GPS, etc.) in the bag, and return it to the same spot where you found it.
- Any bag you wish to leave in the cloakroom must be brought by you and identified with a sticker found in your race pack envelope, which must be attached to the handle of the bag. The cloakroom will be located in the Pavilion where the TRI EXPO was held on Friday and Saturday.

WHEN CAN I COLLECT MY BAGS

You can collect these bags after finishing your race in the Transition area and Pavilion from 1:30 PM to 5:00 PM.

IMPORTANT: The organization is not responsible for any loss of the contents of the bags. Do not leave valuables inside.



CHECK-IN

WHAT IS IT?

It is the access for participants to the bike park or transition area to CHECK-IN your bicycle and the equipment you will use during the competition. Only essential equipment is allowed. The CHECK-IN is mandatory for all categories of the Challenge Barcelona Triatló.

IMPORTANT: Please note that you cannot CHECK-IN your bike on race day. On race day, you can only bring your transition bags, cloakroom bag, and any other accessories you may need.

SCHEDULES

- Exclusive for AQUATHLON: Saturday from 9:00 to 9:50.
- Saturday: 10:00 to 19:00 for all other categories.
- Sunday: From 6:30 onwards, only for dropping off items like bottles or bags, NO BIKES.

IMPORTANT: Check the specific schedule for your category. Access to the transition area is not allowed from 20 minutes before the start of your race until the last participant in that category finishes the cycling segment. Each category has its own designated box.

LOCATION

Pistes d'Atletisme de la Mar Bella (Av. Litoral 86 – 96, Barcelona)

Access is through the Pavilion, GATE E.

MATERIAL YOU MUST BRING FOR CHECK-IN

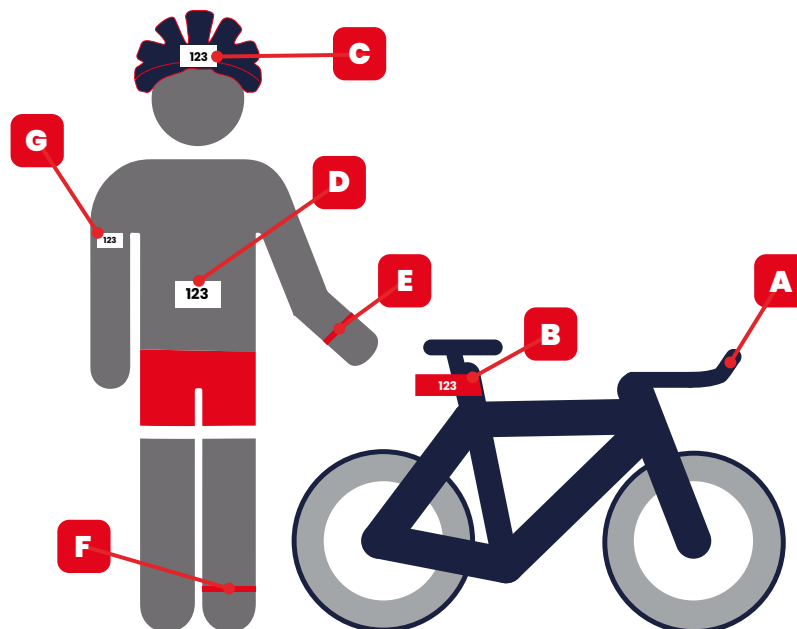
- **Wristband**, worn on the wrist.
- **Chip**, placed on the ankle.
- **Bib** with strap or safety pins, visible for verification.
- **Swim cap**, visible for verification.
- **Bicycle** with the sticker on the seat post.
- **Bike helmet** with the sticker attached (front and left side).
- **Black bag** with cycling gear (Middle Distance only).
- **Red bag** with running gear (Middle Distance only).

IMPORTANT: access to the bike park is only allowed with the equipment you will use during the competition. All other equipment must be left in a backpack in the cloakroom with the sticker provided during bib collection. The cloakroom is located inside the pavilion.

CHECK-IN

HOW TO PLACE YOUR EQUIPMENT

- A.** Prohibited: Carrying handlebar extensions and/or aero bars on the bike. Only allowed for Middle Distance.
- B.** Bike bib sticker: Must be attached to the seat post.
- C.** Helmet bib sticker: One sticker on the front of the helmet and one on the left side.
- D.** Bib:
During swimming, it is only allowed to wear it if a wetsuit can be used.
On the bike, it must be worn on the back (mandatory).
During the run, it must be worn on the front (mandatory).
- E.** Wristband with bib number: Must be worn before, during, and after the competition.
- F.** Chip: Must be worn on the ankle throughout the entire race. It must be returned at the finish line.
- G.** Bib sticker: Must be placed on the upper part of the left arm.



VERY IMPORTANT: The chip must be returned after the race. If not returned at the finish line, you have 5 days to send it to the organization. If it is not returned within this period, a €15 fee will be charged.



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TRANSITION AREA - BOX

WHAT IS IT?

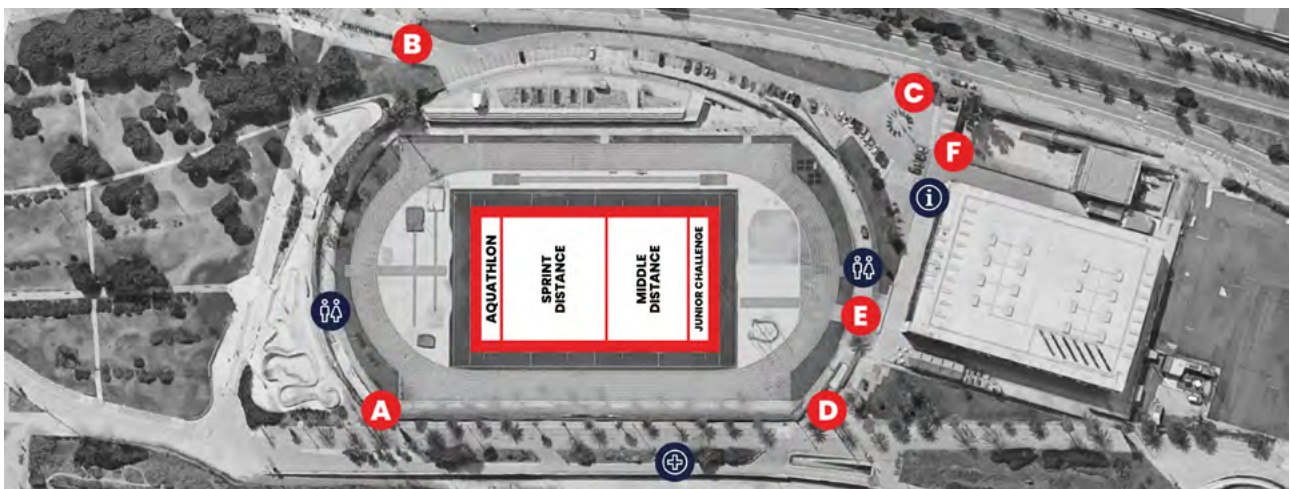
It is the area where all your equipment (bicycle, helmet, shoes, etc.) will be securely stored during the competition. You will have an exclusive spot assigned to you, numbered with your bib number.

LOCATION

Pistes d'atletisme de la Mar Bella (Av. Litoral 86 - 96, Barcelona)

IMPORTANT POINTS TO CONSIDER

- Access to the transition area for **CHECK-IN** will be through **GATE E**, entering from inside the pavilion.
- Access to the transition area for **CHECK-OUT**, once you have finished your race, will also be through **GATE E**, entering from inside the pavilion. After completing the **CHECK-OUT**, you must exit through **GATE D**.
- Before starting the race, exit from the transition area will be through **GATE E** to proceed to the swim start.
- It is very important that when you place your bike in your box, you take note of some reference points to orient yourself during the competition. During the race, whenever you are handling your bike, your helmet must be fastened and properly worn.
- **VERY IMPORTANT:** No companions are allowed in the transition area. Only participants wearing the official wristband will be permitted entry.
- **IMPORTANT:** Pay close attention to the established SCHEDULES for **CHECK-IN** (bringing equipment into the transition area) and **CHECK-OUT** (removing your competition equipment from the transition area).





RULES AND REGULATIONS

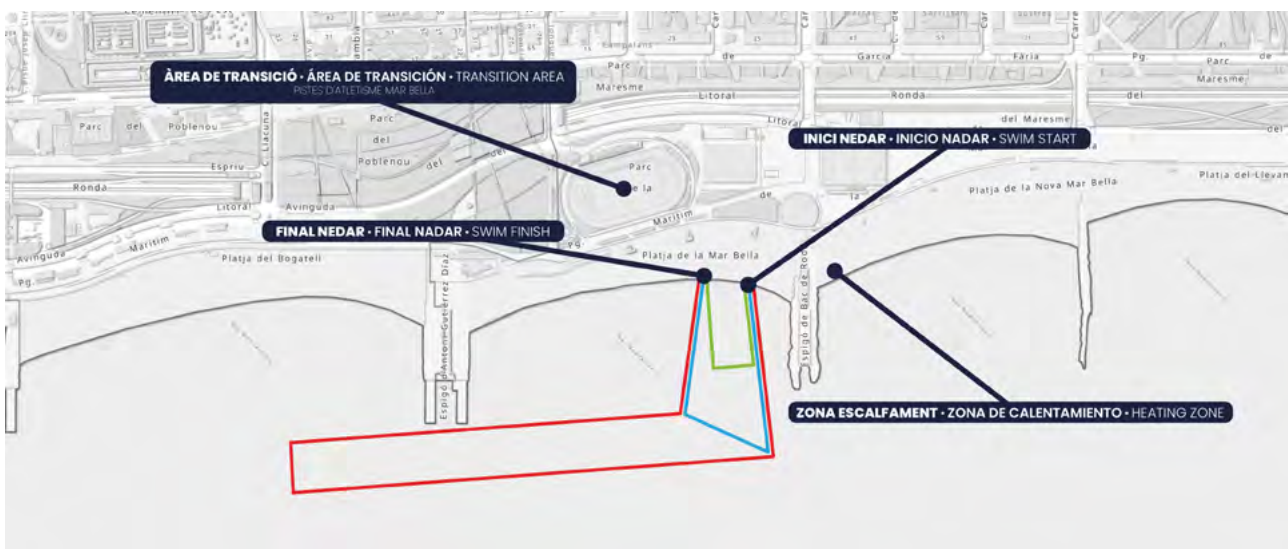
- Challenge Barcelona Triatló is governed by the rules approved by the Spanish Triathlon Federation (FETRI) and the ITU.
- All participants in the race on race day are covered under the general accident insurance provided by the Federation or the day license contracted by the organization.
- **IMPORTANT:** If a non-federated participant does not purchase the day insurance and requires medical attention from the race medical staff or at a public or private hospital, they must cover all costs themselves. The Organization will not be responsible.
- Officials have the right to disqualify participants for misconduct before, during, or after the race.
- Additionally, race directors have the right to withdraw participants from the race to protect their personal health, for example, due to medical reasons.
- You must follow all instructions, rules, and regulations, including directions given by volunteers and officials. Failure to comply may result in disqualification.
- Finally, in this race:
 - Drafting is not allowed in the cycling segment of the Middle Distance. It is allowed in the other categories.
 - Carrying handlebar extensions or aero bars is not allowed in the Sprint and Junior Challenge categories. It is allowed in the Middle Distance.
 - Littering outside designated areas is not allowed and will result in disqualification.

SWIM COURSE

IMPORTANT POINTS

- There is a single start area for all participants, with a start and pre-start pen, located at Platja de la Mar Bella.
- The warm-up area is at Platja de la Nova Mar Bella, as shown on the map.
- The swim finish area has visible high markers—make sure to take note of them on race day.
- Participants start in order of category, bib number, and swim cap color.
- At the end of the swim segment, there will be a refreshment station provided by Aigües de Barcelona.
- **VERY IMPORTANT:** Participants must go to the pre-start pen 10 minutes before their start to have their wristband and swim cap checked. First, participants enter the pre-start pen, and then the start pen, where their chip is checked to officially begin the race, following the instructions of the race staff.
- **ROLLING START:** Participants in the OPEN races of the Middle Distance and Sprint categories will start the swim segment using a ROLLING START, which consists of staggered starts in groups of 8 people every 5 seconds. This format is used to avoid congestion at the start and to increase safety for all participants.
- **TURN AND COURSE BUOYS:** The red Challenge Family buoys are the turn buoys, and the Quintana Roo buoys are reference buoys for the course. Make sure to familiarize yourself with them before starting the race.

- MIDDLE: 1.900m (1 lap) ● SPRINT i AQUATLÓ: 750m (1 lap) ● JUNIOR CHALLENGE: 300m (1 lap)
- OPEN WATER 1,9K: 1.900m (1 lap) ● OPEN WATER 3,8K: 3.800m (2 laps)



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ENTER TO WIN

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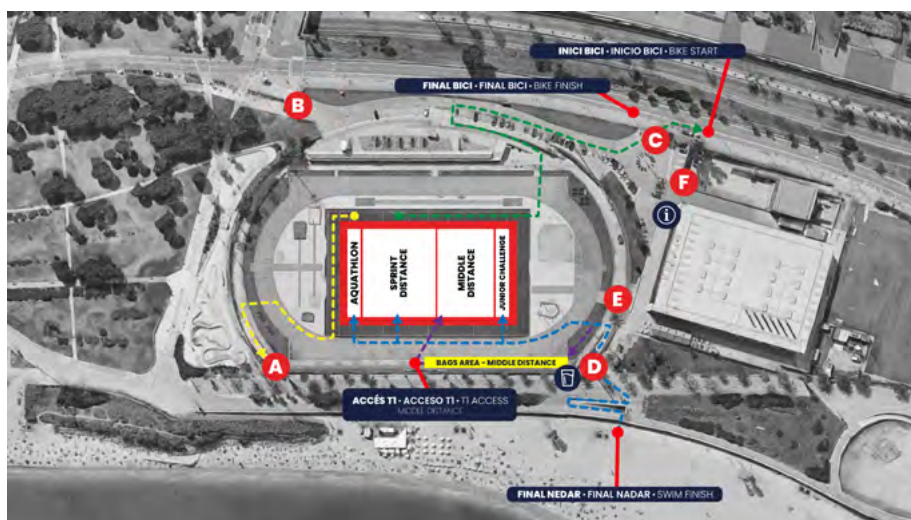


CHALLENGE
BARCELONA

TRANSITION 1 SWIM TO BIKE

- After exiting the water, you will need to run approximately 150 meters from the beach sand to the entrance of the transition area (Pistes d'Atletisme de la Mar Bella).
- Right at the entrance to T1 – Transition Area, there will be a refreshment station with water so you can hydrate and cool down.
- Once you enter T1, make sure to access the box for your category, which will be clearly indicated with signs. Volunteers will also be available to help you.
- For Middle Distance participants:
 - You must go to the designated tents with your transition bags to collect your cycling equipment and leave your swim gear in the bag.
 - Changing clothes is only allowed inside the tents.
 - After changing, hang your bag back in the same spot where you found it, and then proceed to your bike.
 - Cycling shoes and helmet can be left attached to your bike, but never on the ground in the transition area. Bottles can be placed in the bike bottle cages.
- Whenever you are handling your bike, you must wear your helmet properly fastened before starting to pedal.
- IMPORTANT: You cannot mount your bike until you reach the road, outside the transition area. This will be clearly marked with signs and supervised by volunteers and federation officials.
- If you have any bike issues or mechanical problems, the ORBIKES mechanical service will be available to help.

T1 – SWIM TO BIKE FLOW (OR SWIM TO RUN IN THE CASE OF AQUATHLON)

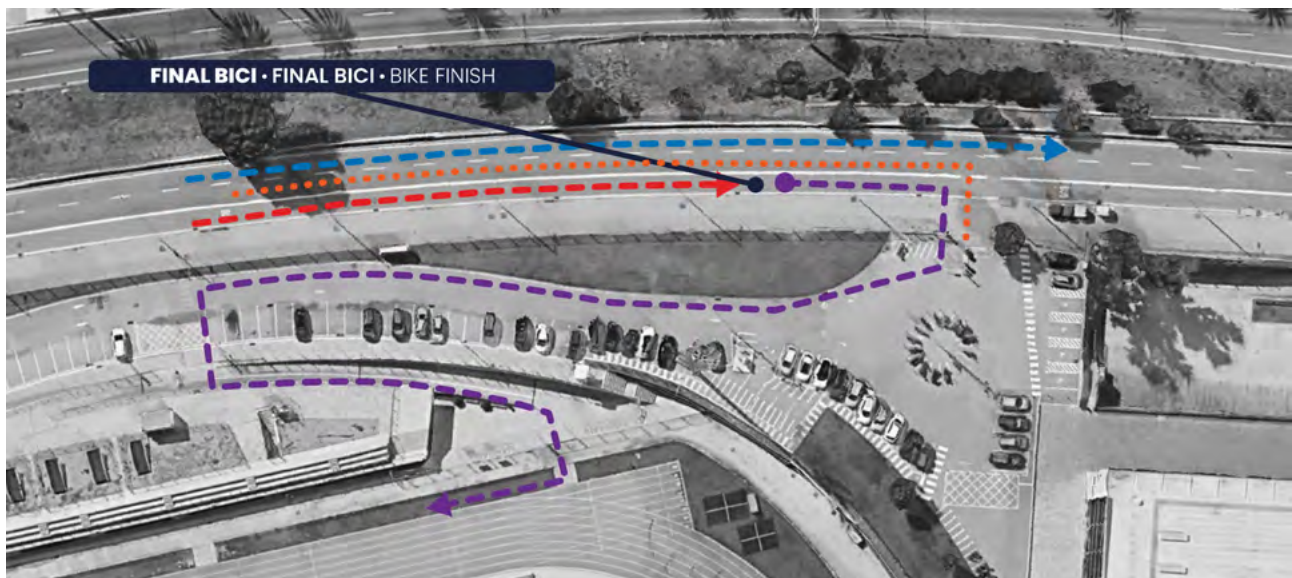


CYCLING COURSE

IMPORTANT INFORMATION

FOR SPRINT AND JUNIOR CHALLENGE DISTANCES:

- **MTB bikes are allowed.**
- **Handlebar extensions and/or aero bars are prohibited.**
- Drafting is allowed, including with participants of the opposite sex.
- The **mounting and dismounting point** will be clearly marked with a line on the ground, and judges with flags and whistles will indicate when you can get on or off your bike.
- **For safety reasons, there will be no refreshment stations on the cycling segment.**
- Exercise caution at the point where the road splits into two lanes: one lane is for participants starting a new lap and the other lane is for participants entering the transition area (end of cycling).

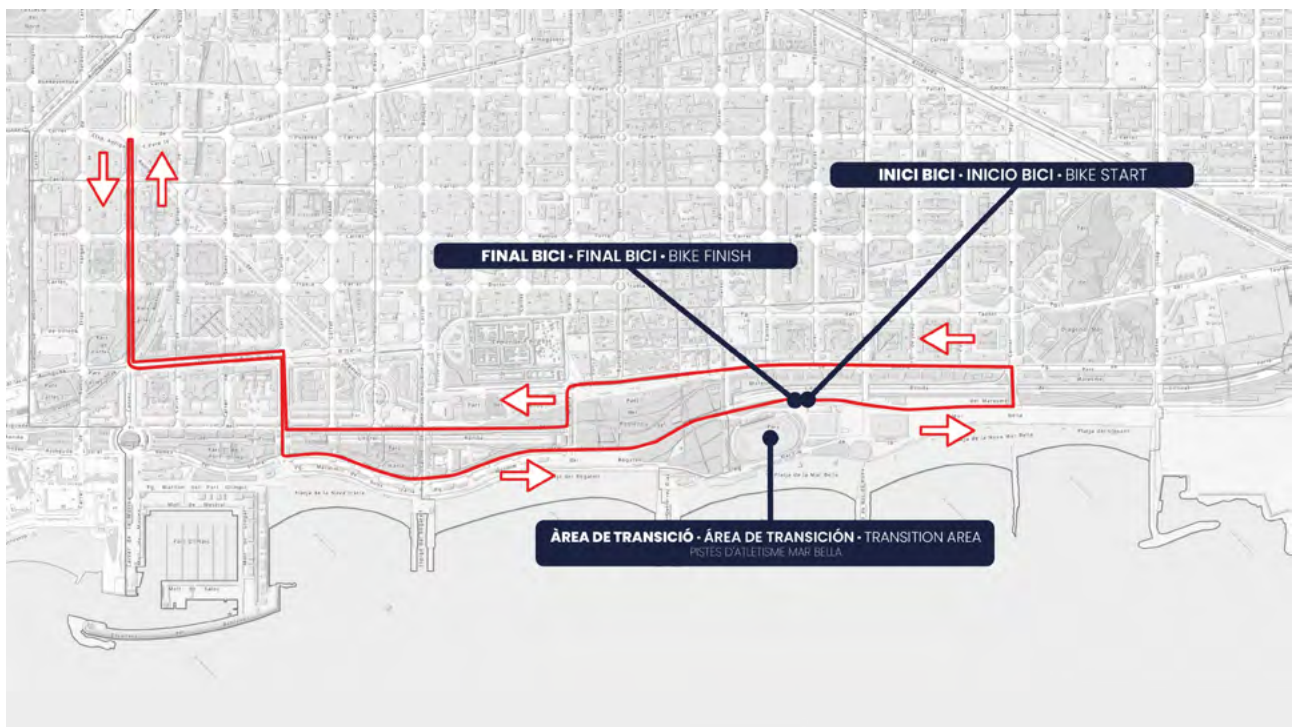


- **Red dashed line** (right side / sea side of the road) = route for participants who have completed their cycling laps and are entering the transition area to start the run.
- **Blue dashed line** (left side / mountain side of the road) = route for participants starting a new lap of the cycling course.
- **Orange dashed line** = line of cones separating the two lanes. There will also be visible signs indicating the lane split and direction.
- **Purple dashed line** = route for participants running with their bike by hand until reaching their space in the box – transition area. The helmet must always be fastened.

CYCLING COURSE

CYCLING SEGMENT – SPRINT AND JUNIOR CHALLENGE

START – CEM Mar Bella – Av. Litoral (Direcció Besós) – c/ Selva de mar – Pg. Garcia Faria – Pg. Calvell – c/ Llacuna – c/ Salvador Espriu – c/ Arquitecte Sert – Av. Nova Icària (costat muntanya) – c/ de la Marina (sentit muntanya) – c/ de la Marina (sentit Mar) – Av. Nova Icària (costat mar) – c/ Arquitecte Sert – Av. Litoral – CEM Mar Bella – **FINISH OR LAP START**.



SPRINT: 3 laps of 6.7 km = 20.1 km
JUNIOR CHALLENGE: 1 lap of 6,7 km

IMPORTANT: Handlebar extensions or aero bars are not allowed.

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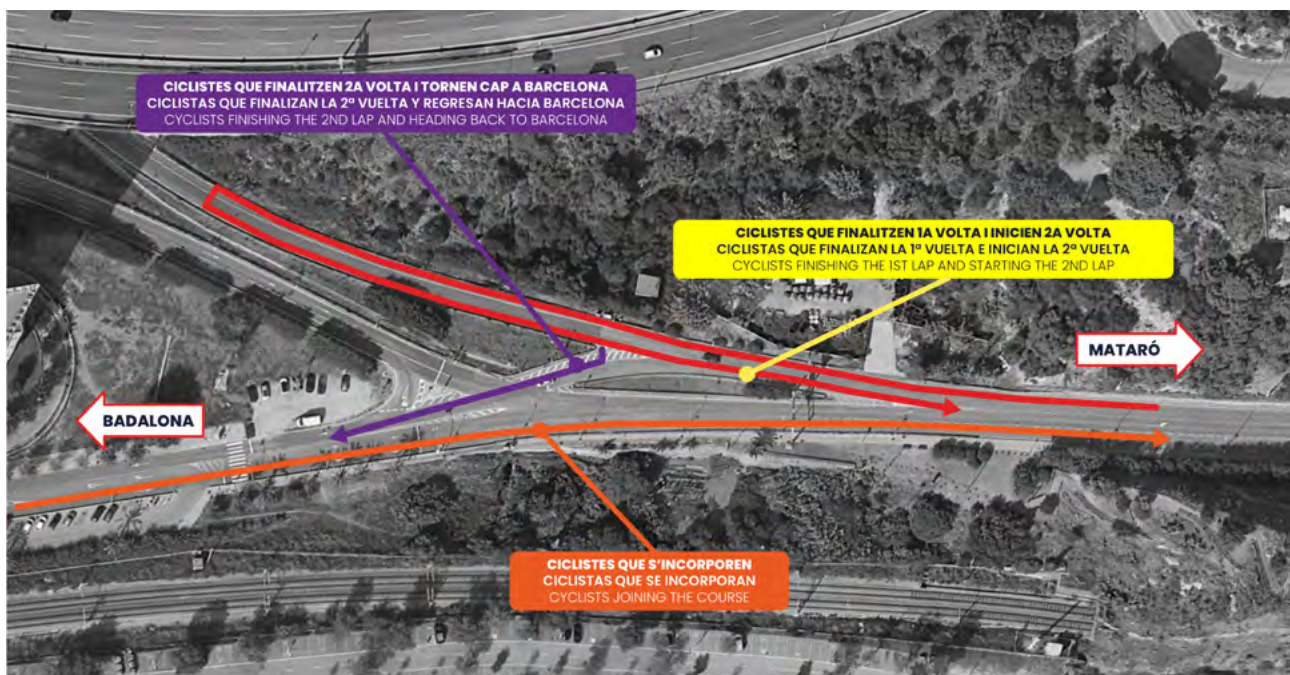
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CYCLING COURSE

MIDDLE DISTANCE:

- **Drafting is NOT allowed** (riding closely behind other participants).
- **Handlebar extensions/aero bars are allowed.**
- **MTB or mountain bikes are NOT allowed, only road bikes.**
- Always keep to the right side of the road to allow overtaking.
- The mounting and dismounting point will be marked with a line on the ground, and judges with flags and whistles will indicate when you can get on or off your bike.
- Along the course, there will be police officers, volunteers, and support staff who may give you instructions to ensure your safety at all times.
- Cycling Cut-Off Points: all participants who exceed these cut-off times will be disqualified:
 - km 9 – 10:10 (start of 1st lap)
 - km 41 – 11:35 (start of 2nd lap)
 - km 88 – 13:40 (end of cycling)
- CAUTION: In the first connecting section where there is only one lane for cyclists (km 1 to km 9). At the end of the 1st and 2nd laps (see map for the point).



- A bike mechanic service will be available in the transition area and at the feed stations along the cycling segment.

CYCLING COURSE

CYCLING SEGMENT – MIDDLE DISTANCE



MIDDLE:

9 km + 2 laps of 32 km + final segment of 15 km = 88 km

CYCLING COURSE

CYCLING SEGMENT – MIDDLE DISTANCE

START – CEM Mar Bella – Av. Litoral – Sant Adrià del Besós – Av. Camp de la Bota – c/ Eduard Maristany – Badalona – Pg. Marítim de Badalona – Riera de Canyadó (pas subterrani) – C/ Orient – C/ del Pomar Baix – Montgat – c/ Marina – INICI 1ª VOLTA (cruïlla N-II amb c/ Marina) – N-II (sentit Nord) – El Masnou – Premià de Mar – Vilassar de Mar – Cabrera de mar – C-31F sentit nord (carril esquerra per pujar) – C-31F sentit nord (carril dret per baixar) – N-II sentit nord – Mataró – Punt de Retorn (N-II Pk 645 – N-II (sentit Sud) – Mataró – Cabrera de mar – Vilassar de Mar – Premià de Mar – El Masnou – Montgat – Cruïlla N-II amb c/ Marina – INICI 2ª VOLTA – N-II (sentit Nord) – Montgat – El Masnou – Premià de Mar – Vilassar de Mar – Cabrera de mar – C-31F sentit nord (carril esquerra per pujar) – C-31F sentit nord (carril dret per baixar) – N-II sentit nord – Mataró – Punt de Retorn (N-II Pk 645 – N-II (sentit Sud) – Mataró – Cabrera de mar – Vilassar de Mar – Premià de Mar – El Masnou – Alella – Montgat – FINAL 2ª VOLTA (cruïlla N-II amb c/ Marina) – C/ Marina – Badalona – c/ Pomar Baix – c/ Orient – C/ Riera de Canyadó (Pas subterrani) – Pg. Marítim de Badalona – c/ Eduard Maristany – Av. Camp de la Bota – Av. Litoral – C/ Bac de Roda – Pg. Garcia Faria – Pg. Calvell – c/ Llacuna – Av. Salvador Espriu – C/ Arquitecte Sert – Av. Nova Icària – c/ Marina (sentit muntanya) – c/ Marina (sentit mar) – Av. Nova Icària – c/ Arquitecte Sert – Av. Litoral – CEM Mar Bella – **FINISH**



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The call of ____ Loneliness



Loneliness isn't seen, *but it can be heard*

DRAFTING CYCLING COURSE

EXCLUSIVE FOR MIDDLE DISTANCE

- Drafting is prohibited behind other triathletes or any type of vehicle on the course. Distance rules:
 - 20 meters for PRO category
 - 12 meters for AGE GROUPS (AG).
- The athlete approaching from any position is responsible for avoiding drafting.
- Drafting definition: riding closely behind another athlete within the "drafting zone":
 - 20 m (PRO) or 12 m (AG), measured from the front wheel of the leading bike. An athlete may enter another athlete's drafting zone to overtake, with a maximum overtaking time of 40 seconds (PRO) or 25 seconds (AG).
- Exceptions where entering the drafting zone is allowed:
 - If overtaking is completed within 40 seconds (PRO) or 25 seconds (AG).
 - For safety reasons, 100 meters before or after a feed station or transition area.
 - At the entry or exit of the transition area.
 - On sharp turns.
 - In zones authorized by the Technical Delegate due to specific reasons (narrow lanes, etc.).
- Overtaking rules:
 - An athlete overtakes another when their front wheel passes the front wheel of the other.
 - The overtaking cyclist must leave the drafting zone within 15 seconds after passing.
 - Athletes must stay to one side of the course and avoid blocking athletes coming from behind.
 - The Technical Delegate may indicate during the briefing which side overtaking should take place.

PENALTIES FOR DRAFTING OR BLOCKING

During the cycling course, Technical Officials may issue two types of cards (blue and yellow).



Drafting violation (blue card): Stop at the next penalty box for 2 minutes.



Other violations (blocking, littering, etc.; yellow card): Stop at the next penalty box for 30 seconds.



Red card or 3 blue cards: Receiving 3 blue cards or 1 red card results in disqualification from the race.



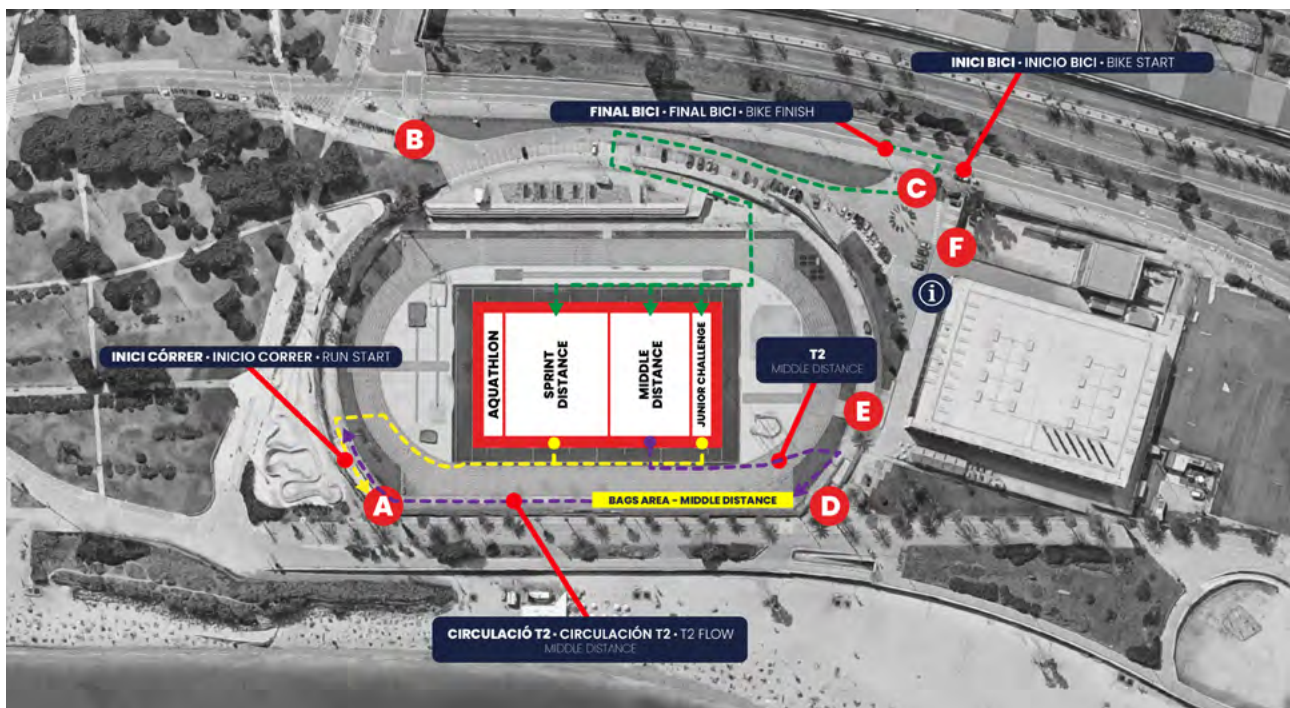
CYCLING COURSE AID STATIONS

- Aid stations are only available on the cycling segment of the **Middle Distance**.
- For safety reasons, there will be no aid stations on the cycling segment of the Sprint and Junior Challenge categories.
- **Aid station locations:**
 - Km 12.4
 - Km 37.6
 - Km 44.2
 - Km 69.4
- **Products** available at the aid stations (in this order; insert image of products):
 - Bananas
 - Gels by Finisher
 - Bars by Finisher
 - Iso bottles by Finisher
 - Water bottles by Viladrau
- Restrooms will be available at each aid station if needed.
- If you need medical assistance, contact a volunteer, who will alert the medical team.
- Designated zones are provided for disposal of aid station waste. These zones are always before the aid station. For environmental respect, you must discard your waste in these areas. Failure to comply will result in direct disqualification.
- Be prepared before reaching the aid stations. Volunteers will hand you the products as you pass their station.
- Please be careful and avoid dangerous situations!

TRANSITION 2 BIKE TO RUN

- After finishing the cycling segment, there will be a point where volunteers and/or race officials will indicate where you must dismount your bike.
- From that point, you must walk with your bike at your side and your helmet fastened until you reach your designated spot according to your bib number and category to leave your bike.
- Once your bike is hung on the rack, you can change, put on your running shoes, and start the running segment. Follow the instructions of volunteers and posted signs.
- It is important that you are familiar with the entry and exit points of the transition area before starting the race.
- The next aid station is located 300 meters from the start of the run.
- For Middle Distance participants:
 - Once your bike is hung on the rack, go to the tents area.
 - There, take your green bag, remove your running gear, and place your cycling equipment (helmet, glasses, etc.) inside the bag.
 - After changing, hang your red bag back in its designated spot, then exit the transition area and start the run.
 - Running shoes can remain hung on the bike pedals if desired.

T2 – BIKE TO RUN FLOW





CON VITAMINA B6. DISFRUTA DEL JUEGO.

PAUSE IS POWER

La vitamina B6 contribuye a la función psicológica normal y a disminuir el cansancio y la fatiga. Las soluciones electrolíticas a base de hidratos de carbono mejoran la absorción de agua durante el ejercicio físico. Consumir como parte de una dieta variada y equilibrada y un estilo de vida saludable.

RUNNING COURSE

IMPORTANT POINTS

- The running course takes place along Barcelona's seafront promenade, always parallel to the sea.
- Pay attention to your turning points, as they vary depending on your category and the number of laps required.
- In Middle Distance and Aquathlon, each lap passes along the backstretch of the finish line.
- It is **PROHIBITED to throw waste outside** the designated aid station zones. Doing so will result in direct disqualification.
- The course runs in a **clockwise direction**, so **athletes must keep to the left**.
- There will be medical stations along the course to assist if needed.
- Athletes should run clockwise, keeping to the left, allowing faster participants to pass on the right.
- IMPORTANT POINTS:
 - Your bib must be clearly visible at all times on the front of your body.
 - Lap counting: Timing mats will be used to track lap completions and the farthest turning point.
 - Headphones are prohibited throughout the race.
 - Follow the instructions of officials and volunteers along the course.



MIDDLE: 3 laps of 7 km = 21 km
JUNIOR CHALLENGE: 1 lap of 1,5 km

SPRINT: 1 lap of 5 km
AQUATHLON: 2 laps of 2,5 km

RUNNING COURSE AID STATIONS

To improve waste separation and recycling during the running segment, there are two types of aid stations along the course: one providing only liquids and another providing solid products.

LIQUID AID STATIONS

- Water cups provided by Aigües de Barcelona
- Iso cups by Finisher
- Red Bull cups

Note: Each beverage is served in a cup with the brand logo for easy identification.

SOLID AID STATIONS

- Bananas, cut in half
- Gels by Finisher
- Bars by Finisher
- Gummies

Aid station locations by distance:

DISTANCE	LIQUID AID STATION	SOLID AID STATION
AQUATHLON	Km. 0,2 i 3	
JUNIOR CHALLENGE	Km. 0,2	
SPRINT	Km. 0,2 – 2,2 – 3,6	Km. 1,3 – 4,5
MIDDLE DISTANCE	1st lap – Km. 0,2 – 2,2 – 5,1 2nd lap – Km 7,3 – 9,3 – 12,2 3rd lap – Km. 14,4 – 16,4 – 19,3	1st lap – Km. 1,3 – 6 2nd lap – Km. 8,3 – 13,2 3rd lap – Km. 15,4 – 20,3

Restrooms will be available at each aid station if needed.

If you need medical assistance, contact a volunteer, who will alert the medical team.

Designated waste disposal zones are provided at each aid station. For environmental respect, you must dispose of your waste in these zones. Failure to comply will result in direct disqualification.

CUT-OFF TIMES

Cut-off times by distance and segment:

	SWIM + T1	BIKE	T2 + RUN	TOTAL
MIDDLE DISTANCE	1h 10'	3h 50'	2h 40'	7h 40'
AQUATHLON	35'	-	40'	1h 15'
SPRINT DISTANCE	35'	1h 05'	40'	2h 20'
JUNIOR CHALLENGE	15'	28'	12'	55'

Below are the cut-off times for each category and segment of the race. Any participant exceeding these cut-off times will be disqualified and must leave the race. If a participant chooses to continue, they do so at their own risk and without support from race officials or safety personnel.

For Middle Distance, there are three cut-off points along the course (specified in the "CYCLING COURSE" section).

If a participant decides to withdraw from the competition, they must notify the organization immediately whenever possible.

The organization has vehicles available to collect participants who withdraw or are out of the race. Their bib will be removed, and it is the participant's choice to use the vehicle to be transported to the finish area. If they do not use this service, they are fully responsible for their own transport, without support from the organization or police.



**Junts som l'equip
guanyador.**

Vegana



**0%
matèria
grassa**



PRO+

Proteïna per als “esportistes” de la vida

POST-FINISH SERVICES

Upon crossing the finish line, the organization will provide:

- Finisher medal
- Water in a cup, provided by Aigües de Barcelona
- Aid bag with Red Bull, Powerade, Fuzetea, fruit, and other products

Middle Distance participants will have access to a food and beverage buffet in the finish line tent.

Recovery services will be available.

Medical assistance will be provided if needed.

CHALLENGE ACEPTADO.



RED BULL TE DA AALAS. 

CHECK-OUT

WHAT IS IT?

Check-out is the process of collecting your race equipment from the transition area/box after finishing the race. There will be an entry gate (PORTA E) for participants to enter the transition area and retrieve their equipment, and an exit gate (PORTA D) for verification checks. Organization staff will be positioned at the exit gate to control and verify the collected equipment.

VERY IMPORTANT: Check-out cannot be done for a category until the last cyclist in that category has completed the cycling segment. Do not disturb and respect other participants from different categories who are still racing.

EQUIPMENT REQUIRED FOR CHECK-OUT

- **Bicycle** with the numbered seat post sticker
- **Bike helmet** with numbered stickers attached
- **Race bib**
- **Numbered wristband**, worn on the wrist
- **Transition bags** (for Middle Distance participants only)

SCHEDULE

- Depends on the race category. See the table below.
- Outside of this schedule, equipment will be removed from the transition area/box.



SCHEDULES - CHECK-OUT

MIDDLE	AQUATHLON	SPRINT	JUNIOR CHALLENGE
13:40 – 17:00	10:30 – 12:00	10:00 – 15:00	10:15 – 15:00

AWARDS

CASH PRIZES (PRO MIDDLE DISTANCE)

Only athletes registered in the PRO Middle Distance category will be eligible for cash prizes. The cash prizes for the PRO Middle Distance amount to a total of €25,000 for the top 6 finishers, both male and female.

POSITION	CASH PRIZE
1	€5.000
2	€2.900
3	€1.900
4	€1.200
5	€900
6	€600

PRIZES FOR THE REMAINING DISTANCES

MIDDLE DISTANCE

A trophy will be awarded to the first-place male and female in each Age Group (AG). A trophy will be awarded to the top 3 relay teams in each category: Mixed Relay, Women's Relay, and Men's Relay. The top 3 male and top 3 female athletes in the overall Age Group (AG) classification of the Middle Distance will receive a free entry for Challenge Gdańsk 2026 (Poland), in the Middle Distance category.

SPRINT DISTANCE

Trophies will be awarded to the top 3 male and top 3 female athletes in the overall classification. Trophies will also be awarded to the top 3 relay teams in each category (Mixed Relay, Women's Relay, Men's Relay) and the top 3 pairs in each category (Mixed Pair, Women's Pair, Men's Pair).

AQUATHLON

Trophies will be awarded to the top 3 male and top 3 female athletes in the overall classification.

OPEN WATER 1.900 Y 3.800 M

Trophies will be awarded to the top 3 male and top 3 female athletes in the overall classification.

FINISHERS

All participants who reach the finish line will receive a finisher medal as a reward for their achievement.



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**Aigües de
Barcelona**

La gestió responsable

LIVE RESULTS

Follow the race in real time

- Check your times and track the race live using the Wefeel Crono app.
- With the Wefeel Crono app, you can access exclusive triathlon content:
 - Real-time results
 - Updated race information
 - Live athlete tracking
- Perfect for your supporters or family, who can follow you in real time and receive notifications each time you pass a new checkpoint.
- You can also tweet your race experience directly from the app and upload photos to the event's collaborative gallery.



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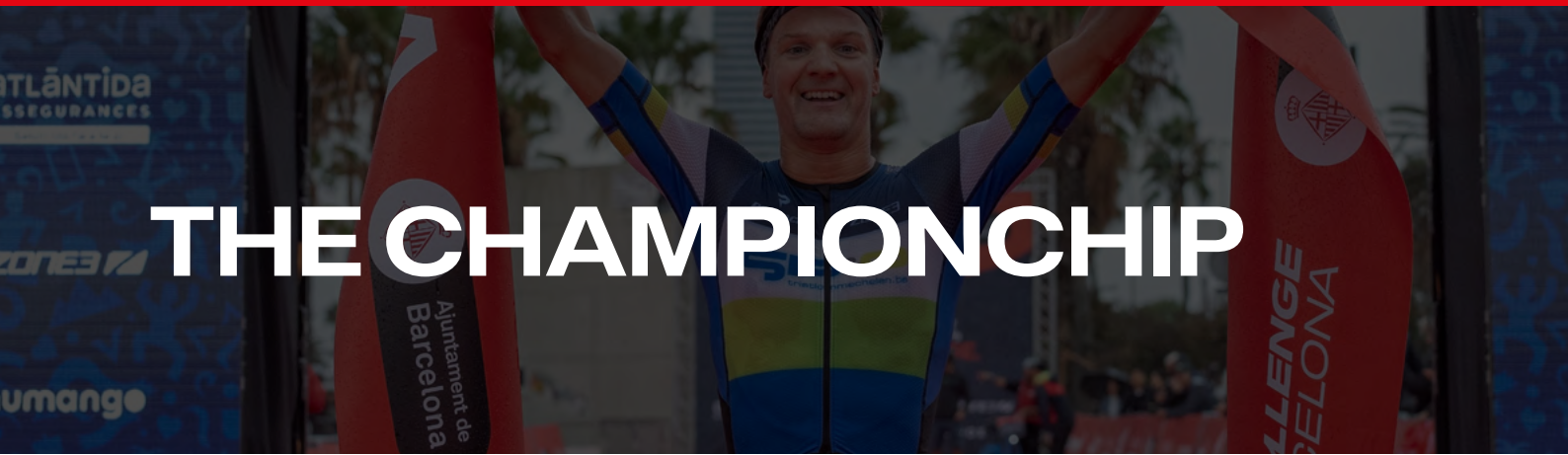
Live October 26 | 7:30 a.m

Watch the Barcelona Triathlon live on betevé



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La de Barcelona



THE CHAMPIONSHIP

EXCLUSIVE FOR MIDDLE DISTANCE

AGE GROUPS

- The top 6 male and top 6 female athletes in each age group and relay team receive a slot (reserved place) to participate in THE CHAMPIONSHIP 2026.
- If a participant declines their slot, it will be offered to the next-ranked athlete in that age group, up to 12th place.
- Qualified athletes have 4 weeks to confirm their slot after Challenge Barcelona Triatló 2025.
- Slots will be sent via email after the race.

PROFESSIONALS

- The top 6 male and top 6 female PRO athletes receive a slot to participate in THE CHAMPIONSHIP 2026.
- Slots will not be passed to the next-ranked athletes if declined.



RELAY TEAMS

Relay teams can consist of 2 or 3 members and may be male, female, or mixed.

Each member completes one segment, or if the team has 2 members, one member will complete 2 segments (consecutive or not), and the other member will complete the remaining segment.

Each team will have a bib with the same number: one for the cyclist, one for the runner, and the swimmer will wear a swim cap.

The cyclist must wear the bib on the back.

The runner must wear the bib on the front.

Only one team member needs to perform the CHECK-IN.

Each team has a designated space in the transition area/boxes, where only the equipment to be used during the race can be placed.

Only the current relay member may enter the boxes after the previous team member has started their segment.

IMPORTANT: Access to the BOX during the race is via PORTA E, through the pavilion.

The relay exchange is performed at the spot where the bike is hung in the boxes.

To perform the relay, the chip must be handed to the next relay member. The chip must be worn on the ankle of the competing team member.

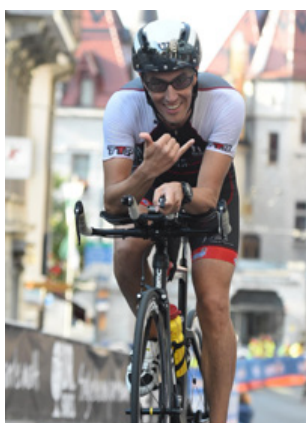
All team members may accompany the runner for the last 80 meters of the run segment to cross the finish line together. The meeting point will be at the entry gate to the finish area.

After the race, all team members may access the bag drop and finish line aid station.

IMPORTANT: There are 3 separate classifications for relay teams: male, female, and mixed. If award-winning teams do not attend the prize ceremony, the trophy will not be awarded.



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PAIRS CATEGORY

This category allows 2 people to participate together in the race, meaning they will stay together throughout the triathlon to share the experience and the challenge as a pair.

It is intended for participants who are new to triathlon and want to complete the race from start to finish with the support of a more experienced partner. It is also suitable for those who want to enjoy the experience with a teammate, colleague, training partner, or friend. The main goal is to enjoy a triathlon day together.

Each member of the pair will have their own race equipment (bib, wristband, chip, sticker sheet, etc.).

CHECK-IN for the transition area/box must be done individually by each member to verify all their equipment (bike, helmet, chip, etc.).

In the transition area/box, the two members will be positioned side by side, with consecutive bib numbers, and will start the race together. They must complete all race segments together—swim, bike, and run—until crossing the finish line.

CHECK-OUT must also be done individually by each member to collect all their equipment from the transition area/box (bike, helmet, shoes, etc.).

In each distance (Olympic and Sprint), there will be only one pair category, including male, female, and mixed pairs.

IMPORTANT: There are 3 separate classifications for pairs: male pairs, female pairs, and mixed pairs. If award-winning pairs do not attend the prize ceremony, the trophy will not be awarded.

HEALTH RECOMMENDATIONS

GRADUALLY REDUCE TRAINING

After so many training sessions, it's normal to feel tired. Training should be increased gradually to avoid prolonged fatigue, and as the race approaches, remember to reduce intensity so your body can fully recover.

DON'T OVERDO BREAKFAST AND DON'T EXPERIMENT

To avoid digestive issues, ensure you have the energy needed for the race, and stick to what you know works. No experimenting on race day.

NO NEW GEAR ON RACE DAY

No new shoes, clothes, or last-minute ideas. Stick to what you've used in recent weeks for smooth performance.

SET A REALISTIC TARGET

Even if it's your first triathlon, it's helpful to have an approximate finish time goal. This will help you stay focused, manage fatigue, and pace yourself without becoming obsessive.

DON'T GET DISCOURAGED IF YOU NEED TO SLOW DOWN

Each segment is different, and your performance may vary. If you need to slow down at some point, don't worry—you can make up time later.

IT'S YOUR RACE, NOT ANYONE ELSE'S

No one knows how you feel, your goals, or your plan better than you. Stick to your own race and pacing, even if other participants pass you. Stay focused and follow your plan.



HEALTH RECOMMENDATIONS

NUTRITION

First, ensure your hydration and glycogen stores are full before the start.

Proper nutrition and hydration during the race are essential.

Stay hydrated at the aid stations:

- After the swim segment
- On the bike, use your own water bottle
- On the run, there will be 2 aid stations per lap with water and gels

At the finish line, there will be a complete liquid and solid aid station to replenish energy.

If you use personal supplements during the race, take them with liquid.

It's highly recommended, almost essential, to test nutrition and hydration protocols during training to ensure your body tolerates them.

WHAT TO DO IF YOU FEEL UNWELL

During the swim: If you feel unwell, stop, raise your arms, and signal the nearby boats. There will be rescue boards with lifeguards, jet skis with crew, and support boats along the course, as well as medical personnel on the beach to ensure your safety.

During cycling or running: Notify the nearest race official if you feel unwell. Support personnel are stationed at all intersections and pedestrian crossings, with medical staff and ambulances strategically positioned along the cycling and running courses to assist quickly.

Viladrau

portem la natura dins

Col·laborem per preservar
i revitalitzar la *biodiversitat* del
PARC NATURAL DEL MONTSENY

Descobreix més:



ALTERNATIVE PLANS

In case of adverse weather conditions or any incident that could affect the normal development of the race or one of its segments, the organization has established the following alternative plans:

CANCELED SEGMENT	ALTERNATIVE PLAN
SWIM	The race would be converted into a DUATHLON with the following distances for each category: MIDDLE DISTANCE: 5 km run (1 lap) + 88 km bike + 21 km run (3 laps) SPRINT DISTANCE: 5 km run (1 lap) + 20 km bike (2 laps) + 2.5 km run (1 lap). The start format remains as planned. JUNIOR CHALLENGE: 1 km run (1 lap) + 20 km bike (2 laps) + 1.5 km run (1 lap) AQUATHLON: a 5 km run will be held
BIKE	An AQUATHLON will be held, maintaining the same swim and run distances for each category, on the same planned courses, and with the same start waves.
SWIM + BIKE	A RUN-ONLY race will be held: MIDDLE DISTANCE: 21 km run (2 laps) SPRINT DISTANCE: 6 km run (1 lap). JUNIOR CHALLENGE: 5 km run (1 lap).
RUN	An AQUABIKE will be held, keeping the same swim and bike distances on the planned courses. Start waves remain unchanged. After finishing the bike segment, participants leave their transition spot and run the 400 m from transition to the finish line. The race ends at the finish line, not in the transition area.
BIKE + RUN	If both cycling and running are canceled, only the swim segment (OPEN WATER) will be held at the established distances for each category. The race ends at the beach, not at the finish line.
OPEN WATER	If the event cannot take place on Saturday, it will be rescheduled for Sunday, keeping the same schedules established for Saturday.

The final decision on which plan to follow will be made on the day of the race at 7:00 a.m. during the technical meeting between the different teams involved in the race's safety, medical, and technical operations, with participant safety and care as the top priority in the decision-making process.

This decision will be communicated promptly via the race speaker system, social media, and newsletter to all participants.



ENVIRONMENTAL MEASURES

Challenge Barcelona Triatló has a strong commitment to sustainability. We are a sporting event that not only celebrates effort and personal achievement but also respects the environment. As we move toward a more sustainable future, we are committed to reducing the environmental impact of our race by implementing initiatives that promote sustainability at every step. Below are the actions we are taking to make this triathlon a greener and more responsible event:

PUBLIC TRANSPORT & SUPERVISED BIKE PARKING

To facilitate access to Challenge Barcelona and reduce the carbon footprint associated with transportation, we encourage the use of public transport. Participants and spectators can enjoy free travel with TMB (Transports Metropolitans de Barcelona), including metro, buses, and trams, promoting a more efficient and less polluting way to move around the city. This helps minimize traffic and emissions, contributing to a cleaner and more sustainable city. Additionally, during Expo days, there will be supervised bike parking, encouraging cycling as an eco-friendly and practical transport option.

REUSABLE MATERIAL T-SHIRTS

As part of our commitment to reducing waste and promoting a circular economy, the official Challenge Barcelona Triatló t-shirts are made from reusable materials, ensuring both quality and sustainability. The t-shirts are also delivered without plastic packaging to minimize unnecessary waste.

REUSABLE FINISHER AND PARTICIPANT BAGS

The finisher bag is essential for all participants, but in our ongoing effort to reduce plastic use, we have designed a reusable bag. It is practical for carrying personal items and intended for daily use, helping avoid unnecessary waste. The participant bag, handed out at TriExpo, follows the same sustainability and reuse principles, ensuring that all materials are environmentally friendly.

COMPOSTABLE CUPS AT AID STATIONS

To further reduce waste, the cups used at running aid stations will be compostable, creating a single, easily recyclable waste stream. This minimizes environmental impact and encourages the use of biodegradable materials.

ENVIRONMENTAL MEASURES

SOUND LIMITER

To protect participants, residents, and urban wildlife, a sound limiter has been implemented at the start and finish. This system ensures that speaker noise levels do not exceed legal limits, creating a healthier and more respectful environment.

SUSTAINABLE GENERATORS

All generators used at the start and finish of the triathlon are electric, significantly reducing emissions. Other generators used throughout the race operate with CO₂-free fuels, minimizing the event's environmental impact.

OTHER SUSTAINABLE INITIATIVES

- **Material Recycling:** Recycling points will be set up at the start and finish, allowing participants and spectators to separate waste for proper recycling.
- **Signage Reuse:** Most event signage, including information and directional signs, will be stored and reused in future editions.
- **Sustainable Aid Stations:** Aid stations are designed to be eco-friendly, healthy, and locally sourced, using seasonal products to minimize the carbon footprint and support the local economy.
- **Separated Aid Stations:** To facilitate selective waste collection, aid stations are divided by type: liquids (water and isotonic drinks) and solids (gels, energy bars, fruit).
- **Reusable Participant Chips:** The chips used to track participant times are reusable and durable, ensuring a long lifespan.
- **Event Promotion:** Challenge Barcelona Triatló promotes the event nationally and internationally using digital channels, including social media and the internet, reducing the need for printed materials.

In summary:

Challenge Barcelona Triatló is not only a world-class sporting event but also a commitment to sustainability and respect for the environment. Through these initiatives and many others, we aim to make the race greener, promoting environmental responsibility among participants and spectators alike.

WE GREATLY APPRECIATE YOUR HELP IN TAKING CARE OF OUR PLANET



CHALLENGE SALOU

10 MAY 2026

MIDDLE DISTANCE

 1.9KM  80KM  21KM

SHORT DISTANCE

 1.9KM  54KM  11KM

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