

Powerman Alsdorf on 29. April 2018

„Together we boost Duathlon“

Organizer

Marathon-Club Eschweiler e.V. 1983

Association

NRWTV e.V.

Competition management

Patrick Thevis, Tel. 0175/2293248,

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Venue

Denkmalplatz, 52477 Alsdorf



Contests

Powerman Youth

Competition	Time	Distance	Entry fee	Eligible
Juniors men	10:00 Uhr	5 / 20 / 2,5 km	from 01.12.2017 30€ from 01.03.2018 35€	Vintage 1999 – 2000
Juniors women	10:02 Uhr	5 / 20 / 2,5 km	from 01.12.2017 30€ from 01.03.2018 35€	Vintage 1999 – 2000
Youth A men	11:00 Uhr	2,5 / 20 / 1,50 km	from 01.12.2017 28€ from 01.03.2018 33€	Vintage 2001 – 2002
Youth A women	11:02 Uhr	2,5 / 20 / 1,50 km	from 01.12.2017 28€ from 01.03.2018 33€	Vintage 2001 – 2002
Youth B men	12:00 Uhr	2,5 / 10 / 1,0 km	from 01.12.2017 25€ from 01.03.2018 30€	Vintage 2003 – 2004
Youth B women	12:02 Uhr	2,5 / 10 / 1,0 km	from 01.12.2017 25€ from 01.03.2018 30€	Vintage 2003 – 2004

Competition rules

It applies the rules of the German Triathlon Union (DTU). The instructions of the competition must be heard. During bicycling there is a duty to wear a helmet and stay is forbidden. Participants are entitled to all breed and competition athletes from year 2004. Each participant must respect the timetable. The attendance at the briefing is mandatory (especially potential dangers on the course). The rules of the German traffic code are unconditionally complied with. The instructions of officers and assistants must be heard. Violations can lead to disqualification.

<http://www.dtu-info.de/footer/regelwerk-ordnungen/ordnungen.html>

Competitions and routes:

Juniors:

Run: 5,0 km: 2 flat laps through the town center, 2,5 km: 1 flat lap through the town center

Bike: 3 laps totally traffic free

Youth A:

Run: 2,5 km: 1 flat lap through the town center, 1,5 km: 1 flat lap through the town center

Bike: 3 laps totally traffic free

Youth B:

Run: 2,5 km: 1 flat lap through the town center, 1,0 km: 1 flat lap through the town center

Bike: 2 laps totally traffic free

Powerman Sprint

Competition	Time	Distance	Entry fee	Eligible
Ak0 – Ak2, SEN1 – SEN7	09:15 Uhr	5 / 20 / 5 km	from 01.12.2017 33€ from 01.03.2018 36€	to vintage 2000

Powerman Short

Competition	Time	Distance	Entry fee	Eligible
Men	12:45 Uhr	10 / 40 / 5 km	from 01.12.2017 50€	To vintage 2000
Women	13:30 Uhr		from 01.03.2018 55€	
Elite wowed	14:15 Uhr	10 / 40 / 5 km	from 01.12.2017 50€	
Elite men	14:30 Uhr		from 01.03.2018 55€	

Competition rules

It applies the rules of the German Triathlon Union (DTU). The instructions of the competition must be heard. During bicycling there is a duty to wear a helmet and stay is forbidden. Participants are entitled to all breed and competition athletes from year 2000. Each participant must respect the timetable. The attendance at the briefing is mandatory (especially potential dangers on the course). The rules of the German traffic code are unconditionally complied with. The instructions of officers and assistants must be heard. Violations can lead to disqualification.

Competitions and routes

Powerman Short:

Run: 10,0 km: 4 flat laps through the town center

Bike: 6 laps totally traffic free

Run: 5,0 km: 2 flat laps through the town center

Powerman Sprint:

Run: 5,0 km: 2 flat laps through the town center

Bike: 3 laps totally traffic free

Run: 5,0 km: 2 flat laps through the town center

Prizes

Powerman Short:

Prizes and Gift vouchers for place 1-3 of the general ranking (m / w)

Prize money Elite:

1. Place m/w = 850€, 2. Place m/w = 650€, 3. Place m/w = 450€

4. Place m/w = 275€, 5. Place m/w = 175€, 6. Place m/w = 100€

Powerman Sprint:

Prizes and Gift vouchers for place 1-3 of the general ranking (m / w)

Scoring categories:

The Short Distance and Sprint races will be scored according to the following categories:

Elite Men/Women (only for Powerman Short)

M/W 18-19 1999-2000

M/W 20-24 1994-1998

M/W 25-29 1989-1993

M/W 30-34 1984-1988

M/W 35-39 1979-1983

M/W 40-44 1974-1978

M/W 45-49 1969-1973

M/W 50-54 1964-1968

M/W 55-59 1959-1963

M/W 60-64 1954-1958

M/W 65-69 1949-1953

M/W 70+ 1948- ...

Information

Internet: www.mc-eschweiler.de

E-Mail: Thevis@freenet.de

Registration

Online registration on the homepage: www.powerman-alsdorf.de

Login is closed 15.04.2018 or if there are 1000 entries.

Timing

The time measurement is carried out by TRIALOGEvent. The time measurement is performed only with the foot transponders provided by TRIALOGEvent. The transponders are borrowed and can't be bought. Transponders from other companies may not be worn during the match. Each participant pays the loan fee together with the starting fee. You can also use your own existing Chipbands.

Transition Area

The exchange zone only access for participants. The bicycle must be equipped with its own personal starting number.

The change zone closes 15 minutes before the start.

The bikes are monitored until 17:00.

The return of the bicycles occurs on delivery of the foot transponders and under control of the starting number after the match. To wear the starting number, the use of a starting number band is recommended.

Contest briefing

9.00 (Sprint) and 12.30 (Short) and on the day of the event at stage on the Denkmalplatz next to the Finish. Participation / attendance is mandatory!

Starting documents

On the day of the event from 8.00 to 12.30 in the Stadthalle / Competition Secretariat next to the Check-In at the exchange zone.

Honorary Ceremony / Awards

After the match about 12 hours Sprint, 13:35 hours Youth and 17:15 hours Short

Results

On the Internet: www.powerman-alsdorf.de

Dress up and shower

Swimming pool Luisenstraße, next to Start, Finish and change zone.

Athlete statement i.v.m. Participation in Powerman Alsdorf

I hereby declare my permission to the Rules of Procedure as described in the cancellation. I confirm that there are no medical considerations that speak against my participation and my health condition and fitness meet the physical requirements of the match.

I recognize / acknowledge the health hazards associated with the contest and confirm explicitly, at your own risk and risk. Likewise, I assure that I will make no demands to the organizer, its employees, associations and organizations, the city or the region, which are not covered by the LSB insurance / my own insurance.

With my application, your consent states that my data is being prepared for preparation and also during the Duathlon event. Also, Event pictures may be used.

Date:

Name:

Signature