

Powerman Alsdorf on 19. April 2020

„Together we boost Duathlon“

Organizer

Marathon-Club Eschweiler e.V. 1983

Competition management

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Venue

Denkmalplatz, 52477 Alsdorf



DUATHLON MIDDLE DISTANCE

EUROPEAN CHAMPIONSHIPS

ALSDORF 2020

ETU • POWERMAN



Contests

Powerman Sprint

Competition	Time	Distance	Entry fee	Eligible
Ak0 – Ak2, SEN1 – SEN7	13:00 Uhr	5 / 20 / 5 km	from 09.09.2019 35€ from 01.01.2020 40€	to vintage 2002

Powerman Classic European Championships & Open race

Competition	Time	Distance	Entry fee	Eligible
Elite w	08:00 Uhr	10 / 60 / 10 km	from 09.09.2019 105€	
Elite m	08:15 Uhr		from 01.11.2019 115€ from 01.01.2020 125€	
AG Men 20 -54	08:45 Uhr	10 / 60 / 10 km	from 09.09.2019 105€ from 01.11.2019 115€ from 01.01.2020 125€	to vintage 2002
AG Women & AG Men 55+	09:15 Uhr	10 / 60 / 10 km	from 09.09.2019 105€ from 01.11.2019 115€ from 01.01.2020 125€	to vintage 2002
Open race	10:00 Uhr	10 / 60 / 10 km	from 09.09.2019 75€ from 01.11.2019 85€ from 01.01.2020 95€	to vintage 2002
Team relay	10:45 Uhr	10 / 60 / 10 km	from 09.09.2019 85€ from 01.11.2019 95€ from 01.01.2020 105€	to vintage 2002

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 2002. 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 Classic:

Run: 10 km: 4 flat laps through the town center
Bike: 60 km: 3 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: 20 km: 1 lap totally traffic free
Run: 5,0 km: 2 flat laps through the town center

Prizes

Powerman Classic:

Medals European Championships for place 1-3 of age group (m / w)
Prize money Elite:

1. Place m/w = 1250€, 2. Place m/w = 1000€, 3. Place m/w = 750€,
4. Place m/w = 500€, 5. Place m/w = 400€, 6. Place m/w = 350€,
7. Place m/w = 300€, 8. Place m/w = 200€, 9. Place m/w = 150€,
10. Place m/w = 100€

Powerman Sprint:

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

Scoring categories:

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

Elite Men/Women (only for Powerman Short)

M/W 18-19 2001-2002

M/W 20-24 1996-2000

M/W 25-29 1991-1995

M/W 30-34 1986-1990

M/W 35-39 1981-1985

M/W 40-44 1976-1980

M/W 45-49 1971-1975

M/W 50-54 1966-1970

M/W 55-59 1961-1965

M/W 60-64 1956-1960

M/W 65-69 1951-1955

M/W 70+ 1945- ...

Information

Internet: www.mc-eschweiler.de

E-Mail: Thevis@freenet.de

Registration

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

Login is closed 01.03.2020 for EC and 06.04.2020 for the other races.

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 16:00.

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

The competition briefing for the Powerman classic distance takes place on Saturday 18 April 2020 at 17:00 am in English and at 17:30 pm in German at Stadthalle Alsdorf (Annastraße 2-6, Alsdorf). Participation is obligatory.

The contest meeting for the Powerman sprint distance takes place 15 minutes before the start of the competition on the race day in the start area. Participation is obligatory!

Pasta Party

The pasta party will take place on April 18th, 2020 at 6 p.m. at Stadthalle Alsdorf (Annastraße 2-6, Alsdorf). All participants of the Powerman classic distance have included the pasta party in the fee

Starting documents

On the 18th of April from 10am to 4pm at the Sportsfreund Alsdorf and at the day from 7am to 12 at the Sportfreund Alsdorf, Bahnhofstrasse 56, 52477 Alsdorf.

Honorary Ceremony / Awards

After the match about 16:30 hours for all at the Stadthalle Alsdorf

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.