



**V1.0**

JANUARY 20, 2024

**POWERMAN SWITZERLAND  
DUATHLON WORLD CHAMPIONSHIPS  
RACE GUIDE  
2024  
SEPTEMBER 7TH AND 8TH 2024**



**POWERMAN**

**Duathlon  
World Championships**

Long Distance  
**ZOFINGEN 2024**

# ZOFINGEN SWITZERLAND

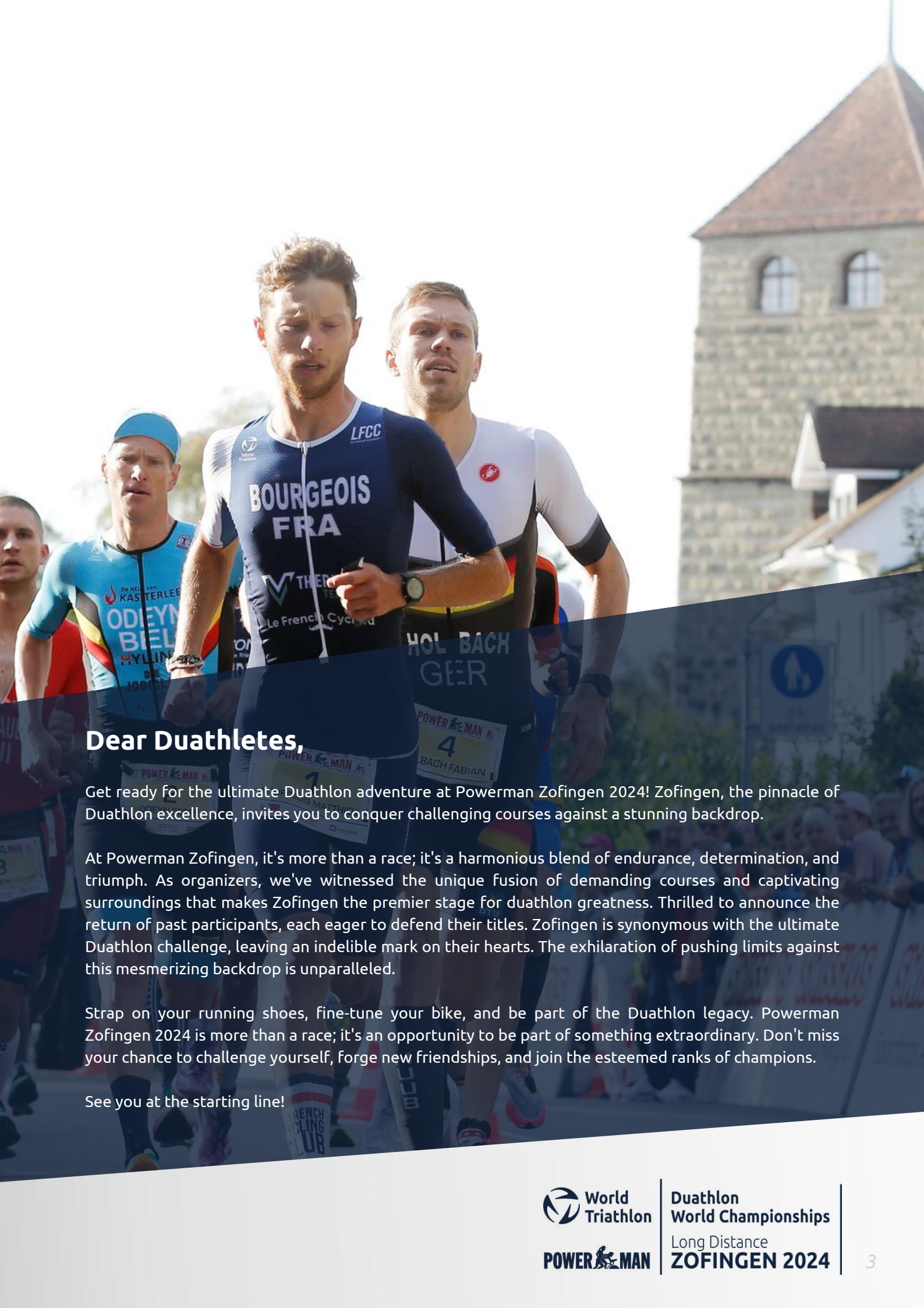
*Zofingen, the picturesque Swiss town, provides the stunning backdrop for the Powerman. This historically rich city, with its cobblestone streets and medieval charm, becomes the stage for the ultimate duathlon experience. Surrounded by natural beauty and a warm community, Zofingen transforms into an unforgettable setting, elevating the Powerman into a unique and captivating athletic journey.*

RESIDENTS  
12'500



ELEVATION (m)  
439





## Dear Duathletes,

Get ready for the ultimate Duathlon adventure at Powerman Zofingen 2024! Zofingen, the pinnacle of Duathlon excellence, invites you to conquer challenging courses against a stunning backdrop.

At Powerman Zofingen, it's more than a race; it's a harmonious blend of endurance, determination, and triumph. As organizers, we've witnessed the unique fusion of demanding courses and captivating surroundings that makes Zofingen the premier stage for duathlon greatness. Thrilled to announce the return of past participants, each eager to defend their titles. Zofingen is synonymous with the ultimate Duathlon challenge, leaving an indelible mark on their hearts. The exhilaration of pushing limits against this mesmerizing backdrop is unparalleled.

Strap on your running shoes, fine-tune your bike, and be part of the Duathlon legacy. Powerman Zofingen 2024 is more than a race; it's an opportunity to be part of something extraordinary. Don't miss your chance to challenge yourself, forge new friendships, and join the esteemed ranks of champions.

See you at the starting line!



**POWERMAN**

**Duathlon  
World Championships**

Long Distance  
**ZOFINGEN 2024**

# MERLE BRUNNÉE (GER)

Duathlon World Champion 2021&2023



World  
Triathlon

Duathlon  
World Championships



Long Distance  
ZOFINGEN 2024

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Run 2 (next publication)	tbd

## Mythos Powerman

tbd	tbd
tbd	tbd
tbd	tbd



10 JAHRE  
GARANTIE &  
ASSISTANCE

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**Emil Frey** Autocenter Safenwil

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Toyota Center im Mittelland!



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# World Triathlon

## LONG DISTANCE WORLD CHAMPIONSHIPS

The Powerman World Championships are typically open to all qualified duathletes. However, the specific qualification criteria may vary depending on the year and location of the event. Generally, athletes need to qualify through designated races or receive an invitation to participate in the World Championships. It is advisable to check the official Powerman World Championships website or contact the event organizers for the latest and most accurate information regarding qualification requirements.



# 10k

## FIRST RUN (2 LAPS OF 5K)

Embark on a 10-kilometer journey along the asphalted General Guisan Street, where the adventure unfolds. Within the first few hundred meters, you'll ascend into the enchanting Zofingen forest. Take in the breathtaking views extending to the mountains from the "Heiteren," an elevated vantage point overlooking the city of Zofingen.

Following this awe-inspiring panorama, brace yourself for a partially steep descent back to the starting point. This marks the conclusion of the first 5-kilometer loop. Get ready to kick off the second round, exploring another 5 kilometers of invigorating terrain. Challenge meets natural beauty on every stretch of this exhilarating course. Get set for an unforgettable experience!

# 150k

## BIKE COURSE (3 LAPS OF 50K)

In no time, the cycling odyssey kicks off with the initial ascent into Mühlethal, swiftly followed by the first exhilarating descent. However, the true test of ascent awaits in Reitnau, a location synonymous with high-speed mountain races.

The course is defined by a series of ascents, with the pinnacle being the challenging climb in Reitnau. Brace yourself for a course that presents multiple elevations, each contributing to the thrill of the ride. A key highlight awaits as you navigate the General Guisan Street in Zofingen, where spirited spectators provide that extra boost to propel you forward. Get ready to experience the perfect blend of scenic beauty and adrenaline-pumping challenges!

# 30k

## 2ND RUN (4 LAPS of 7.5K)

2nd Run Leg: Mostly retracing the first course with an additional loop, this time in the opposite direction. Finish with the cheering embrace of your fans at the finish line!



START

ZOFINGEN

EMISSIO

4015

POWER MAN  
4004  
TENISCH GIAN

POWER MAN  
4003  
SCHMID LENNY

16

4  
SEL

# EXPERIENCE DAY SATURDAY SEPTEMBER 7TH

# COMPETITION SCHEDULE

Saturday 7th of September 2024 (provisional)

10:00 – 17:00	Race Office open
11:00	2024 Zofingen World Triathlon Powerman Long Distance Duathlon World Championships <b>Elite Athletes Briefing</b> , uniform check (after briefing) & race pack distribution
11:00 - 17:00	2024 Zofingen World Triathlon Powerman Long Distance Duathlon World Championships <b>Age Group:</b> Issuing of starting numbers, licence / ID controlling, NF uniform check
11.00 - 18.00	<b>PowerKids, Youth &amp; Beginner races, Charity Run, Charity Bike</b>
12:30 - 14:30	2024 Zofingen World Triathlon Powerman Long Distance Duathlon World Championships <b>Age Group Race briefing:</b> 12:30 English 13:30 German



**WORLD CHAMPIONSHIPS  
SUNDAY  
SEPTEMBER 8TH**

# CHECK-IN TIMES

Sunday 8th of September 2024 (provisional)

06:00 – 09:00	Race Office open
06:00 - 18:00	Info Point open
06:30 - 07:30	2024 Zofingen World Triathlon Powerman Long Distance Duathlon World Championships Bike check in: Women (Elite, Age Group), Men 65+, Para
06:30 - 07:30	Powerman OPEN Long Distance Bike check in: Women, Men 65+
06:30 - 08:30	2024 Zofingen World Triathlon Powerman Long Distance Duathlon World Championships Bike check in Elite Men, Age Group Men 20-64
06:30 - 08:30	Powerman OPEN Long Distance Bike check in: Men 20-64
07:30 - 9:15	Powerman Short Distance Bike Check in: All

# STARTING TIMES

Sunday 8th of September 2024 (provisional)

08:00 **START ELITE WOMEN**  
2024 Zofingen World Triathlon Powerman  
Long Distance Duathlon World Championships

08:02 Start **AGE GROUP WOMEN**  
2024 Zofingen World Triathlon Powerman  
Long Distance Duathlon World Championships

08:04 Start **OPEN WOMEN**  
Powerman Long Distance

08:06 Start **PARA**  
2024 Zofingen World Triathlon Powerman  
Long Distance Duathlon World Championships

08:06 Start **AGE GROUP MEN 65+**  
2024 Zofingen World Triathlon Powerman  
Long Distance Duathlon World Championships

08:08 Start **OPEN MEN 65+**  
Powerman Long Distance

09:00 **START ELITE MEN**  
2024 Zofingen World Triathlon Powerman  
Long Distance Duathlon World Championships

09:02 Start **AGE GROUP MEN 20-64**  
2024 Zofingen World Triathlon Powerman  
Long Distance Duathlon World Championship

09:04 Start **OPEN MEN 20-64**  
Powerman Long Distance

09:45 Start **WOMEN Short Distance**

09:50 Start **MEN & RELAY Short Distance**

# COMPETITION TIMES

Sunday 8th of September 2024 (provisional)

14:00 Long Distance Duathlon World Championships  
Cut-off time: Start last bike lap Long Distance Race (all categories)

~ 15:00 **FIRST FINISHERS**  
"2024 Zofingen World Triathlon Powerman Long Distance Duathlon World Championships"

15:40 **MEDAL & FLOWER CEREMONY ELITE**  
2024 Zofingen World Triathlon Powerman  
Long Distance Duathlon World Championships

16:00 Long Distance Duathlon World Championships"  
Cut-off time: End of bike course Long Distance Races

17:00 Cut-off time: Start 2nd Run Lap Long Distance Races

18:00 Cut-off time: Start 3rd Run Lap Long Distance Races

19:00 Cut-off time: Start 4th Run Lap Long Distance Races

20:00 Cut-off time: Long Distance races

# CEREMONY/AFTER PARTY

Sunday 8th of September 2024 (provisional)

20:00	<b>AWARD &amp; PRIZE MONEY CEREMONY ELITE TOP10</b> 2024 Zofingen World Triathlon Powerman Long Distance Duathlon World Championships
20:15	<b>MEDAL &amp; AWARDS CEREMONY AGE GROUP</b> 2024 Zofingen World Triathlon Powerman Long Distance Duathlon World Championships
20:45	<b>MEDAL &amp; AWARDS CEREMONY OPEN LONG DISTANCE</b>
20:00 - 22:00	Early-Registration for 2025 World Triathlon Powerman World Championships, Zofingen
22:00	Closing of the event



# SIMON JÖRN HANSEN (DEN)

Duathlon World Champion 2023



EN



World  
Triathlon

POWERMAN  
Duathlon  
World Cham

Long Distance  
ZOFINGEN

# THE ORIGINAL SWISS TRAVEL BRAND





AN IHG HOTEL  
AARBURG - OFTRINGEN



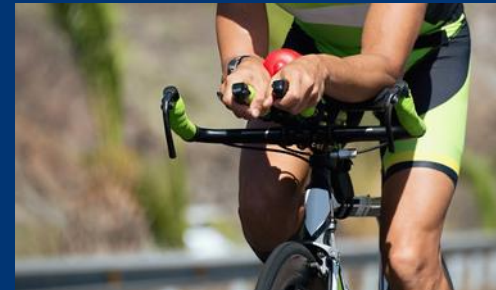
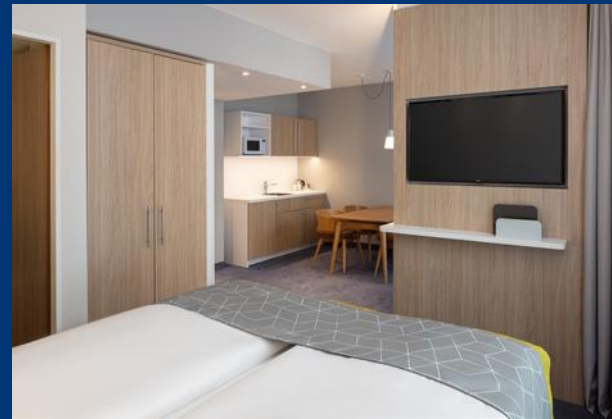
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- short distance to the event

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[info@hiex-oftringen.ch](mailto:info@hiex-oftringen.ch) with the reference:

**„POWERMAN ATHLETE“**

We look forward to welcoming you soon!



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# World Triathlon

## CONDITIONS FOR YOUR PARTICIPATION

If you want to register for the World Championship ranking, you have to be selected by your national Triathlon federation.

If you register for the OPEN wave, you do not have to qualify at another race. The maximum number of entries is 500; first come, first served.

If you register early for the OPEN wave, you can move to the World Championship category at any time once you are confirmed by your federation at no additional cost.

If you opt for the "transfer fee" during the online registration process, you have several options to transfer your entry in case you are not able to compete.

See your entry options on the next page.

## OPTION 1: WORLD CHAMPIONSHIPS (WCH) ELITE

You need to fulfill the criterias of your National Federation (NF) of an elite athlete (e.g. qualification /selection, license, competition uniform, medical test, etc). Your NF is given according to your registration with World Triathlon. Inform your NF of your elite start in Zofingen.

Your NF MUST ALSO register you in the event via the World Triathlon entry system before August 6th. For later registration there is no guarantee for slots available. In the case of a non-validation of your NF for the Elite World Championship, it will invalidate your registration for the World Championships.

If you pay the entry fee by yourself, register yourself in the category WCH ELITE before July 31st, 2024. Once you are confirmed by your NF as Elite/you are in the world triathlon entry system as elite, you will be recategorized to elite in the LOC system (Datasport). This will be by mid of August.

If the NF is paying your entry fee, the entry fee must be paid before August 6th.

The Elite start list will be published on the World Triathlon website on August 6th. The start numbers will be allocated by World Triathlon by beginning of September.

We kindly remind you about the obligation for Elite athletes to complete an Anti-Doping Education Course to enter start and waiting lists for all World Triathlon and Continental Confederations events. Details to access the platform is available [online](#).

## OPTION 2: WORLD CHAMPIONSHIPS (WCH) AGE-GROUP

You need to fulfill the criterias of your National Federation (NF) as an Age-Group athlete (e.g. license competition uniform, selection etc.). Your NF is given by your passport nationality and your NF membership, not by your domicile. Register yourself via Datasport choosing WCH Age-Group before August 5th, 2024. Inform your NF about your registration in the age-group event.

All NF will get a list with their Age-Group athletes by August 6th, 2024. Your NF has to confirm your registration before August 20th, 2024. In case you should not be confirmed by your NF for racing the WCH Age-Group, you will be registered in the open race in your respective age group category. The WCH Age-Group start list (including your start number) will be published on the World Triathlon website August 21st.

For any questions, please contact Sabrina Bühlmann, [info@powerman.ch](mailto:info@powerman.ch) or [entries@triathlon.com](mailto:entries@triathlon.com)

## OPTION 3: OPEN AGE-GROUP

- Register yourself via Datasport choosing OPEN Age-Group before July 31st 2024.
- As an OPEN athlete you will not be ranked in the World Triathlon World Championships

All athletes have to register online via Datasport by clicking "Register Now" on the LOC website [www.powerman.swiss](http://www.powerman.swiss).



# GENERAL INFORMATIONS



## INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes in information included in this guide.

## KEY CONTACTS

### LOC / Organizer:

**Powerman Zofingen**  
c/o Stadtbüro  
Kirchplatz 26  
CH-4800 Zofingen  
info@powerman.ch  
www.powerman.swiss

### Event site:

**GPS: 638470, 237909 /  
47.29095, 7.94719**  
Stadtsaal  
(Town hall)  
Weiherstrasse 2  
CH-4800 Zofingen

### LOC- / WT- / Media-Office:

Kirchgemeindehaus  
Reformierte Kirche Zofingen  
Hintere Hauptsgasse 19  
CH-4800 Zofingen

Open:  
Friday  
Saturday  
Sunday

Open:  
Saturday  
Sunday

### World Triathlon:

Team Leader	Gonzalo Aguerrea (ESP)	gonzalo.aguerrea@triathlon.org	tbd
Technical Delegate	Maisie Bancewicz (GBR)	lanternerouge@hotmail.com	+44 75 15916210
Assistant TD	Stefan Hässig (SUI)	stefan.haessig@swisstriathlon.com	+41 78 740 37 47
Medical Delegate	Dr. Casandra Luca (ROU)	casandra_man@yahoo.com	+40 746 797 327

### LOC:

President	Stefan Ruf	stefan.ruf@powerman.ch	+41 79 352 35 81
Race Director	Stefan Zinniker	stefan.zinniker@powerman.ch	+41 79 519 37 26
Head Media	Raphael Galliker	media@powerman.ch	+41 79 330 40 16
Services	Priska Zinniker	priska.zinniker@powerman.ch	+41 79 665 89 25
Registration Office	Sabrina Bühlmann	sabrina.buehlmann@powerman.ch	+41 79 399 99 03

# DATASPORT

Official timekeeper of Powerman Switzerland

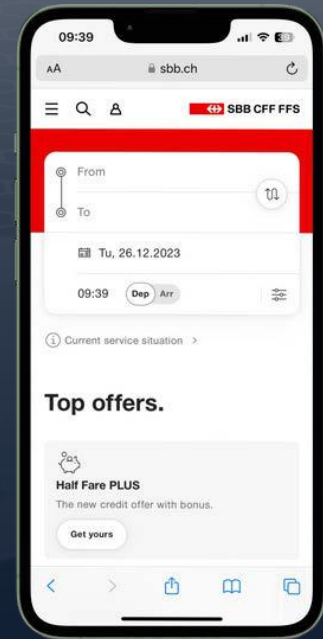


Always one step ahead  
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DATASPORT 

## TRAIN TICKETS AND TIMETABLES

www.sbb.ch



# TRAVEL INFORMATION



The nearest international airport to Zofingen is Zurich Airport (ZRH). From the airport, you can reach Zofingen by train, car, or shuttle service. The journey takes approximately 1 hour by train or car.



Zofingen is well-connected by train, making it an accessible destination. The Zofingen train station is centrally located, and the venue is within walking distance or a short taxi ride.



If you're driving, Zofingen is conveniently located near major highways. Ample parking is available at designated areas near the event venue.

Zofingen has an efficient local transportation system, including buses and taxis, making it easy to navigate the town and reach the event venue.

For detailed and personalized travel information, please visit the official Powerman Zofingen 2024 website or contact the event organizers directly. Safe travels!



 **PARIS**

 5 - 6 h

 6.5 h

 **FRANKFURT**

 4 - 5 h

 4.5 h

 **MUNICH**

 6 - 7 h

 4.5 h

**Basel Airport:**  
Train: 40 Minutes  
Car: 45 Minutes

**BASEL**



**ZURICH**

**Zurich Airport:**  
Train: 1 Hour  
Car: 50 Minutes

**GENEVA**



**Geneva Airport:**  
Train: 3 Hours  
Car: 2.5 Hours



**MAILAND**



5 - 6 h



3.5 h

## IN THE HEART OF EUROPE - IN THE HEART OF SWITZERLAND

Zofingen, the host city for the 2024 Duathlon World Championships, is centrally located and surrounded by several international airports. The city is easily accessible through the highway network and is strategically positioned along the main railway artery. This prime location makes Zofingen an ideal venue for hosting an event of this magnitude.



World  
Triathlon

Duathlon  
World Championships



Long Distance  
ZOFINGEN 2024

# DIRECTION MAP



A1 From  
Zurich  
Basel (D)  
Geneva  
Bern

Oftringen  
Aarburg  
Olten

Mühlethal  
Uerkheim

Olten  
Zurich  
Basel (D)  
Geneva  
Bern

P<sub>2</sub>

Bottenwil  
Uerkheim

P<sub>3</sub>

World  
Triathlon  
POWERMAN  
SWITZERLAND

Zofingen  
Downtown

Trainstation

P<sub>1</sub>

Reiden  
Luzern

Strengelbach

Luzern  
Mailand (I)

A2 From  
Luzern  
Mailand (I)



World  
Triathlon

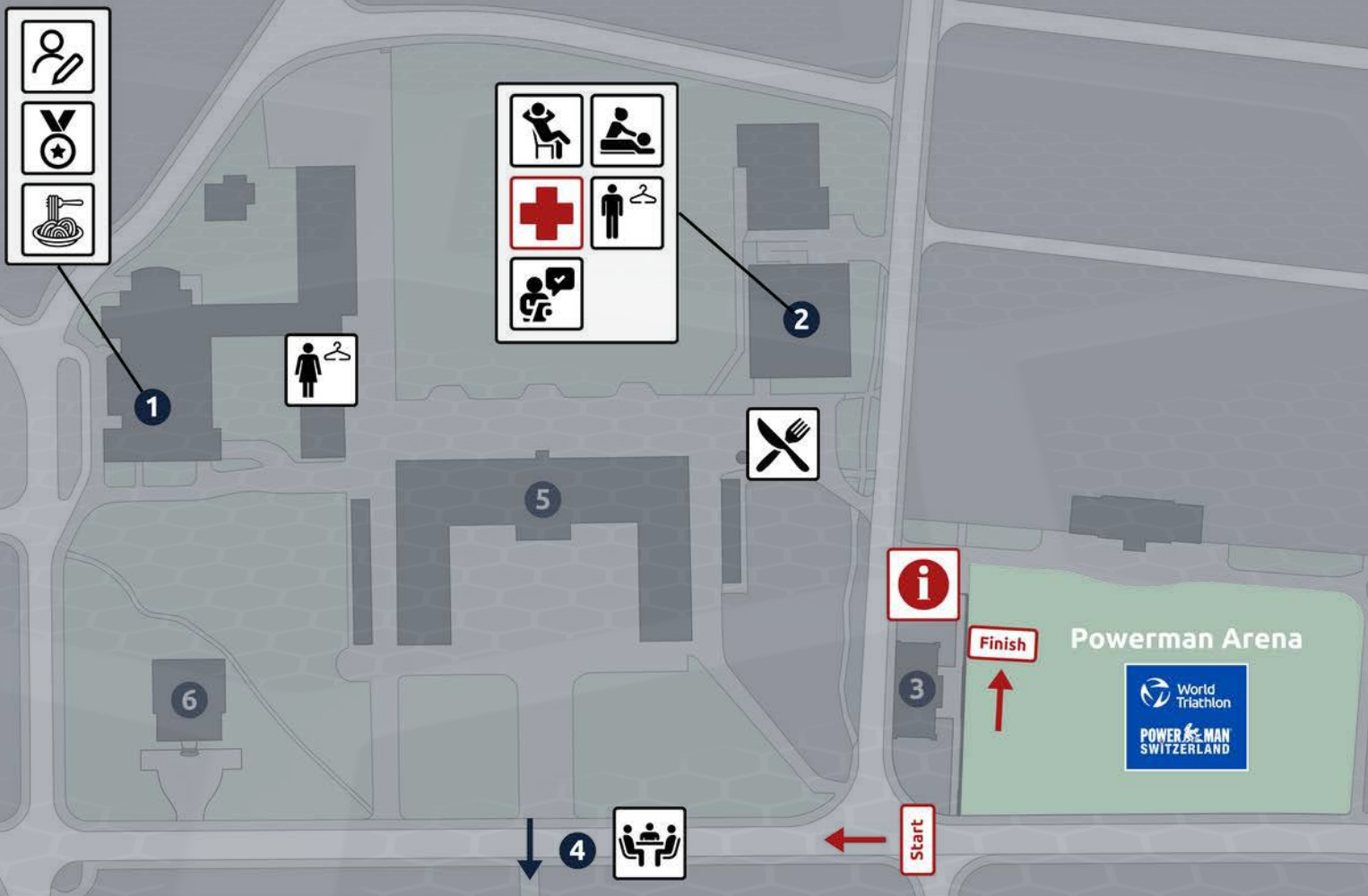
Duathlon  
World Championships



Long Distance  
ZOFINGEN 2024













# VENUE OVERVIEW





**Note:**

This overview plan provides a rough outline of the Powerman site. The layout is provisional and will be continually updated or adjusted.

- |   |   |   |                     |          |  |
|---|---|---|---------------------|----------|--|
|  | Registration Office / Briefings                       |  | Recovery Zone       | <b>1</b> | Town hall<br>"Stadtsaal"               |
|  | Award Ceremony  |  | Massage             | <b>2</b> | Sports hall<br>"Rosengarten Turnhalle" |
|  | Pasta Party / Opening Ceremony                        |  | Athletes - Foodzone | <b>3</b> | Art Museum<br>"Kunsthau"               |
|  | Ladies wardrobe                                       |  | Doping Control      | <b>4</b> | Community hall<br>"Kirchgemeindehaus"  |
|  | Mens wardrobe   |  | Medical Point       | <b>5</b> | Schoolhouse<br>"Gemeindeschulhaus GMS" |
|  | World Triathlon Office /<br>LOC Office / Media Office |  | Info Point          | <b>6</b> | Museum                                 |

Perfection is achieved, not when there is nothing more to add, but when there is nothing left to take away.

Antoine de Saint-Exupéry

besserdesign.ch



Graphic Partner of the  
Powerman Zofingen  
World Championships 2024



einfach. besser. **DESIGN+**  
*Claudio Fackler*