



V4.0

APRIL 20, 2024

ENGLISH VERSION

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



POWER  MAN

**Duathlon
World Championship**

Long Distance
ZOFINGEN 2024

ZOFINGEN

SWITZERLAND

RESIDENTS
12'500



ELEVATION (m)
439



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.



Dear Duathletes,

The time until Powerman Zofingen 2024 is quickly passing, and our preparations are progressing. With the confirmed route through the picturesque landscape of Zofingen, we are gearing up for an event that is both challenging and visually stunning. The registrations so far show the great anticipation and motivation of the athletes.

Powerman Zofingen is not just a race; it's a challenge that pushes every participant to their limits while also offering a unique opportunity to exceed them. In a setting that accompanies every breath and stride, you have the chance to test your own endurance, strength, and determination.

Get your bike race-ready, tie your running shoes, and face a task that creates memories that last a lifetime. This is your chance to not only participate in a race but to become part of a community united by the pursuit of excellence.

Prove yourself and find your place among the champions.

See you at the starting line!

«Be part of Powerman Zofingen, look forward to a unique goal, and gather unforgettable memories at this sporting pinnacle!»

MERLE BRUNNÉE (GER)

Duathlon World Champion 2021&2023



World
Triathlon



Duathlon
World Championship

Long Distance
ZOFINGEN 2024

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MYTHOS POWERMAN

tbd	tbd
tbd	tbd
tbd	tbd



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World Triathlon

LONG DISTANCE WORLD CHAMPIONSHIPS

The World Triathlon Powerman Long Distance Duathlon Championships is 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 World Triathlon Powerman Long Distance Duathlon 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!

EXPERIENCE DAY SATURDAY, SEPTEMBER 7TH



COMPETITION SCHEDULE

Saturday 7th of September 2024 (provisional)

09:30 - 18:00	Info Point open	Expo
10:00 - 17:00	Late registrations and bib distribution for all competitions & categories available until at least 30 minutes before the respective start time on Saturday.	Race Office
10:30 - 17:00	powerPFÜDI, powerKIDS, powerFAMILY, powerCLASS, powerTEENS, Youth & SM Juniors/Youth Races, Charity Run, Charity Ride, powerSPRINT Races.	Powerman Venue
11:00 - 17:00	WT Age Group Powerman Long Distance Duathlon World Championships: Bib distribution, License / ID / Race attire check Powerman Open Long Distance race: Bib distribution, Late registration and license check Powerman Short Distance: Bib distribution, Late registrations	Race Office
11:00	2024 Zofingen WT Powerman Long Distance Duathlon World Championship Elite Athletes Pre-race Briefing. Race attire check (after briefing) & Starter pack collection	City Hall, 1st Floor
11:00	2024 Zofingen WT Powerman Long Distance Duathlon World Championships Age Group Athletes	
12:30	Pre-race briefing in English	City Hall, 1st Floor
13:30	Pre-race briefing in German	City Hall, 1st Floor



Click on the hand icon for more information about the Experience Day.

WORLD CHAMPIONSHIPS SUNDAY SEPTEMBER 8TH



CHECK-IN TIMES

Sunday 8th of September 2024 (provisional)

06:00 – 18:00	Info Point open
06:00 - 07:15	Powerman Open Long Distance Women & Men 65+: Bib distribution, late registrations, and license check
06:00 - 08:15	Powerman Open Long Distance Race Men: Bib distribution, late registrations, and license check
06:00 - 09:00	Powerman Short Distance: Bib distribution, late registrations
06:30 - 07:30	WT Powerman Long Distance Duathlon World Championships Bike check-in: Women, Men 65+, Para
06:30 - 08:30	WT Powerman Long Distance Duathlon World Championships Bike check-in: Elite Men, Open Men
07:30 - 09:15	Bike check-in Short Distance

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 2024 Zofingen Open Race Long Distance Duathlon
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
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 2024 Zofingen Open Race Long Distance Duathlon
09:45	Start WOMEN Short Distance
09:50	Start MEN & RELAY Short Distance

COMPETITION TIMES

Sunday 8th of September 2024 (provisional)

~ 12:00

FIRST FINISH SHORT DISTANCE

14:00

Long Distance Duathlon World Championships
Time Limit: Start of the last bike lap for Long Distance
(all categories)

14:15

AWARDS CEREMONY FOR SHORT DISTANCE

~ 15:10

FIRST FINISH ELITE

"2024 Zofingen World Triathlon Powerman Long Distance
Duathlon World Championships"

15:40

AWARDS CEREMONY ELITE

2024 Zofingen World Triathlon Powerman
Long Distance Duathlon World Championships

16:00

Time Limit: End of the Bike Course for Long Distance

17:00

Time Limit: Start of the Second Running Lap for Long Distance

18:00

Time Limit: Start of the Third Running Lap for Long Distance

19:00

Time Limit: Start of the Fourth Running Lap for Long Distance

20:00

Time Limit: Final Finish for Long Distance

CEREMONY/AFTER PARTY

Sunday 8th of September 2024 (provisional)

20:00

AWARDS CEREMONY/PRIZE MONEY DISTRIBUTION ELITE TOP 10

2024 Zofingen World Triathlon Powerman
Long Distance Duathlon World Championships

20:15

AWARDS CEREMONY AGE GROUP

2024 Zofingen World Triathlon Powerman
Long Distance Duathlon World Championships

20:45

AWARDS CEREMONY OPEN RACE

2024 Zofingen Open Race Long Distance Duathlon

20:00 - 22:00

Early Registration for the 2025 World Triathlon Powerman World Championships, Zofingen

22:00

End of the Event

SIMON JÖRN HANSEN (DEN)

Duathlon World Champion 2023



EN



POWERMAN
Duathlon
World Cham
Long Distan
ZOFINGEN

THE ORIGINAL SWISS TRAVEL BRAND





AN IHG HOTEL
AARBURG - OFTRINGEN



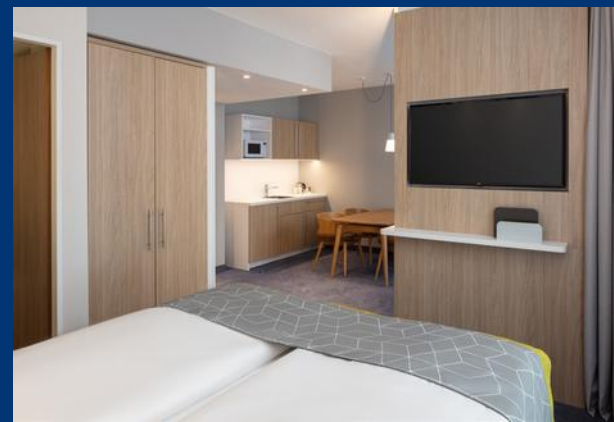
Welcome to the Holiday Inn Express Aarburg - Oftringen

- Your official athlete hotel
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- short distance to the event

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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 or 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.

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	-

REGISTRATION FEE

The registration fees are defined according to the following price calendar:

Until November 24, 2023: CHF 265

From November 25, 2023: CHF 295

From January 1, 2024: CHF 320

From April 1, 2024: CHF 350

From July 1, 2024: CHF 395



powerman.swiss

Approximate exchange rates (as of February, 2024):

1 CHF = 1.14 USD

1 CHF = 1.05 Euro

AMBASSADOR PROGRAM

With the POWERMAN Ambassador Program, you can reclaim 100% of your registration fee. All you need to do is refer three friends for the POWERMAN ZOFINGEN Long Distance event!

For more information, visit powerman.swiss.

DATASPORT

Official timekeeper of Powerman Switzerland



Always one step ahead
in the service of sport for 40 years

DATASPORT 

CURAPROX

ROAD SHOW



HEALTHY MOUTH – HIGHEST POWER

Discover a previously unknown source of power for top performance: your oral health. Did you know that a mindful, thorough dental care routine makes you even more efficient and enduring? Several studies have confirmed the connection between oral health and athletic achievement. On this account **we'll be at the Powerman in Zofingen on 7th & 8th September 2024** to show you how to boost your athletic action even further.

We are Curaden, a Swiss family business based in Kriens LU. Under the name Curaprox, we develop and produce eye-catching, colourful, high-quality, and highly effective oral care products that people enjoy using.

Push yourself to the limits—with Curaprox.

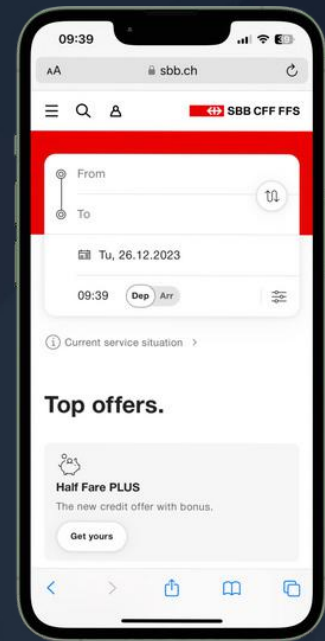


www.curaprox.ch

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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.

DIRECTION MAP



A1 From
Zurich ✕
Basel (D) ✕
Geneva ✕
Bern ✕

Oftringen
Aarburg
Olten

Mühlethal
Uerkheim
Bottenwil

Re-Route via
Uerkheim/Reiden

Bottenwil
Uerkheim

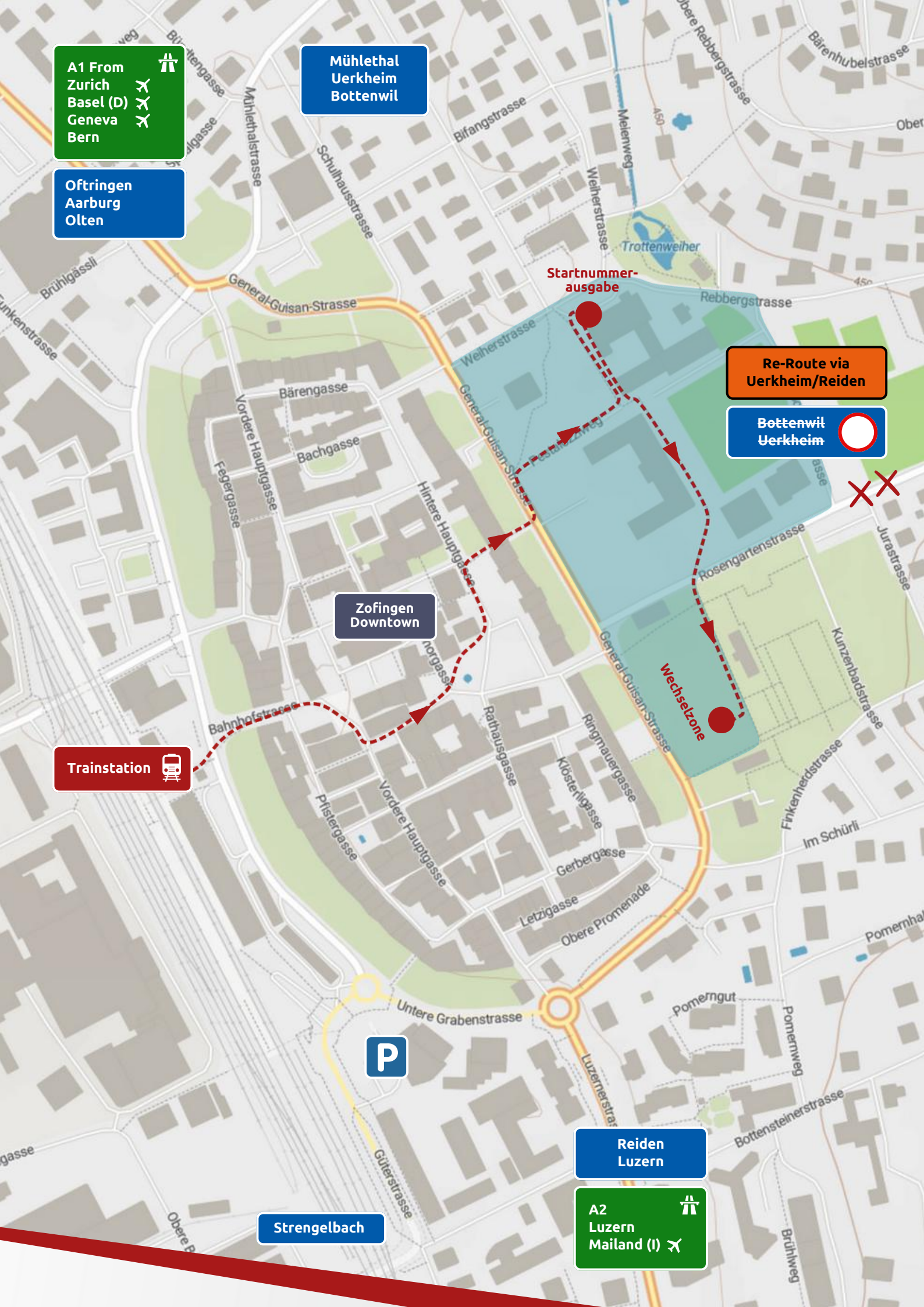
Zofingen
Downtown

Trainstation

Reiden
Luzern

A2
Luzern ✕
Mailand (I) ✕

Strengelbach



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



Award Ceremony



Pasta Party / Opening Ceremony



Ladies wardrobe



Mens wardrobe



World Triathlon Office /
LOC Office / Media Office



Recovery Zone



Massage



Athletes - Foodzone



Doping Control



Medical Point



Info Point

1

Town hall
"Stadtsaal"

2

Sports hall
"Rosengarten Turnhalle"

3

Art Museum
"Kunsthhaus"

4

Community hall
"Kirchgemeindehaus"

5

Schoolhouse
"Gemeindeschulhaus GMS"

6

Museum



NATASCHA BADMANN

Senior Powerman Ambassador

«I CRIED AND CURSED,
BUT NEVER STOPPED.»

6-time Ironman Hawaii champion
3-time Powerman Zofingen champion

Next stop:
recovery.

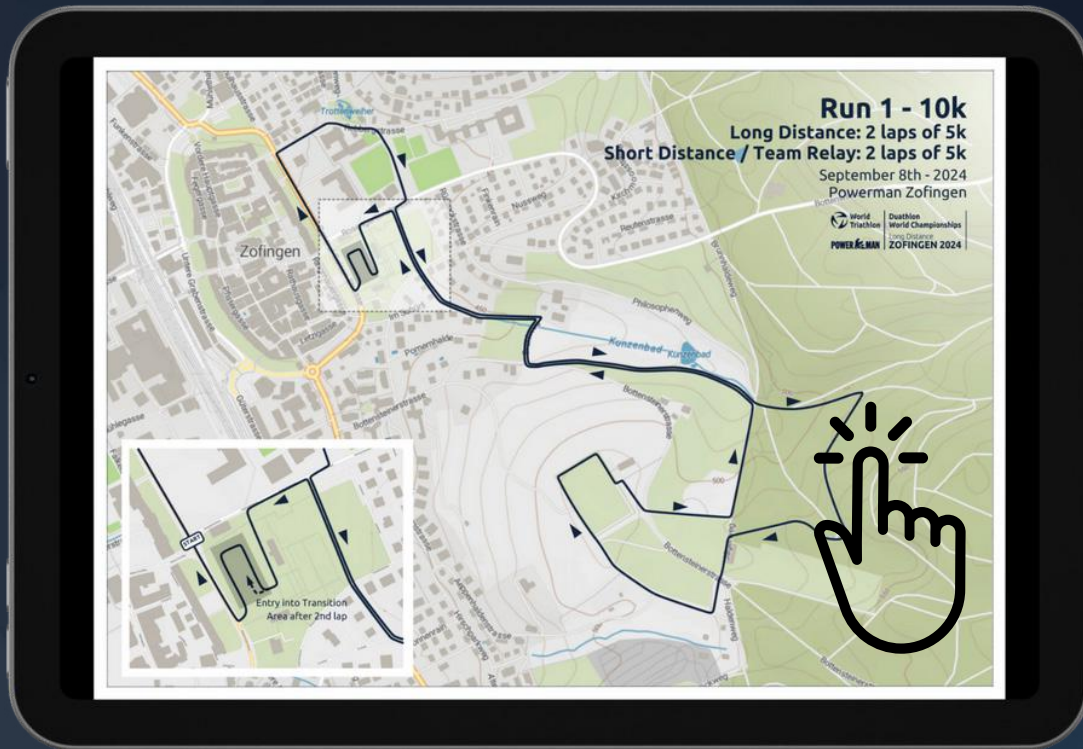


**Travel is what
you make of it.**

COURSE MAPS

LONG DISTANCE

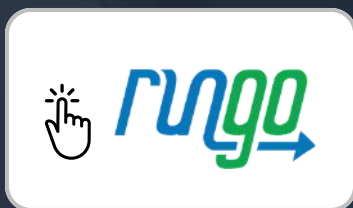
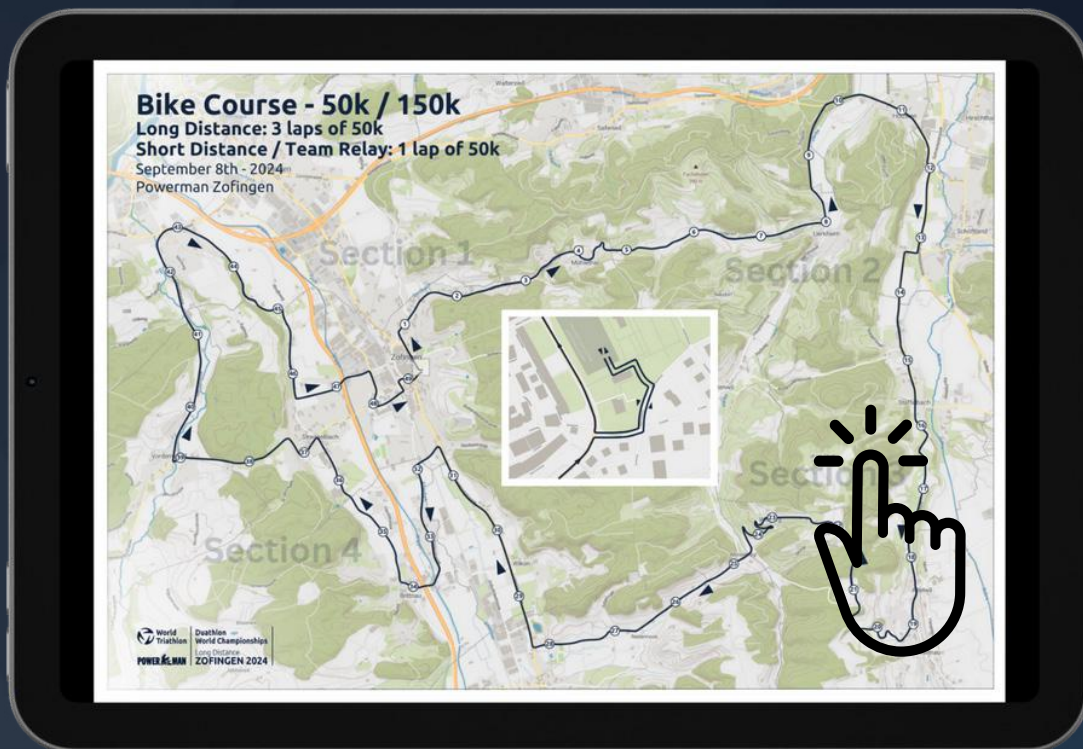




You can find more information about the course (elevation profile, detailed views, etc.) through links on RunGo, FATMAP, or on our website: www.powerman.swiss. Alternatively, GPX data can be downloaded for individual course representation.

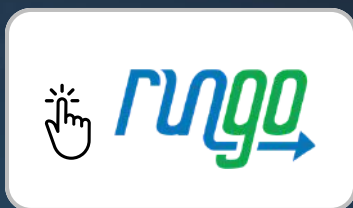
RUN 1 - 10K

(2 LAPS OF 5K)



You can find more information about the course (elevation profile, detailed views, etc.) through links on RunGo, FATMAP, or on our website: www.powerman.swiss. Alternatively, GPX data can be downloaded for individual course representation.

BIKE - 150K
(3 LAPS OF 50K)



You can find more information about the course (elevation profile, detailed views, etc.) through links on RunGo, FATMAP, or on our website: www.powerman.swiss. Alternatively, GPX data can be downloaded for individual course representation.

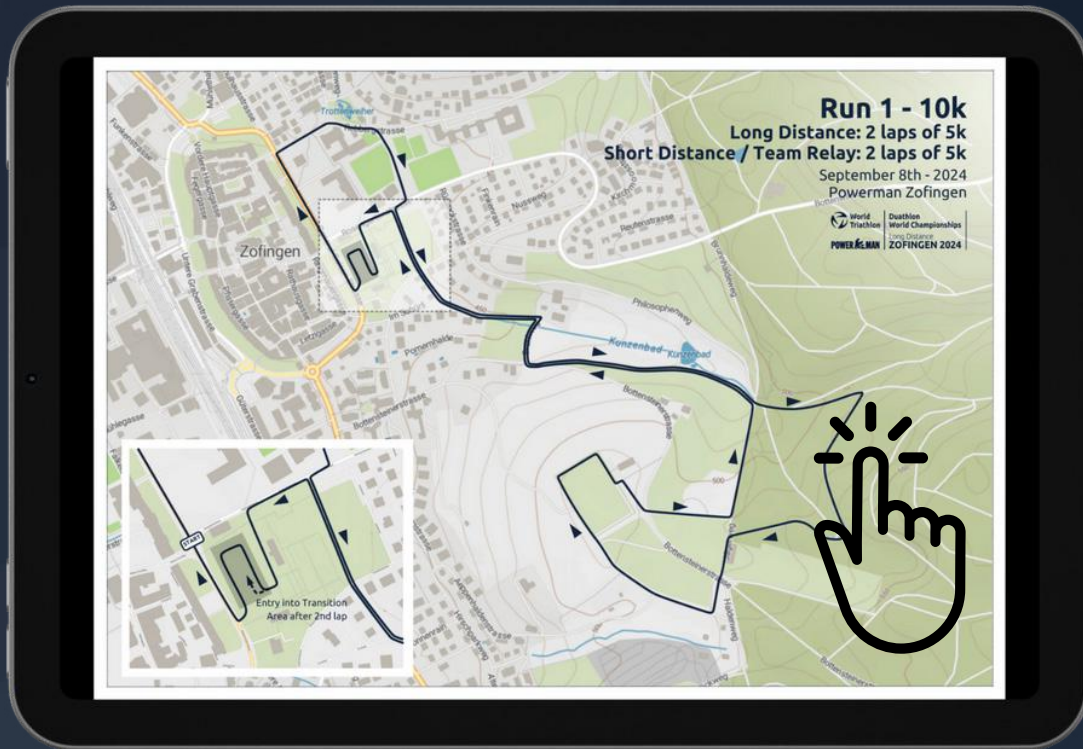
RUN 2 - 30K

(4 LAPS OF 7.5K)

COURSE MAPS

SHORT DISTANCE
TEAM RELAY

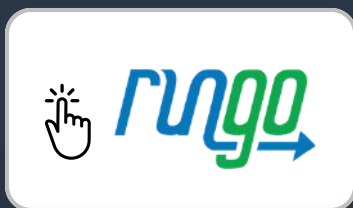
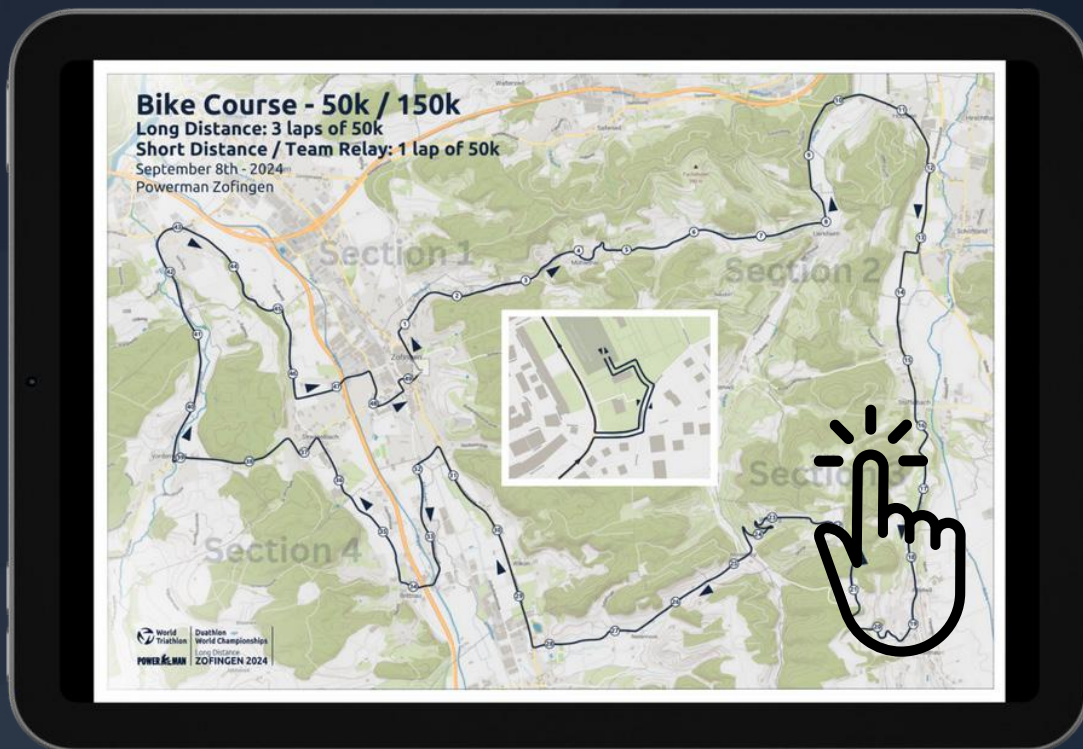




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RUN 1 - 10K

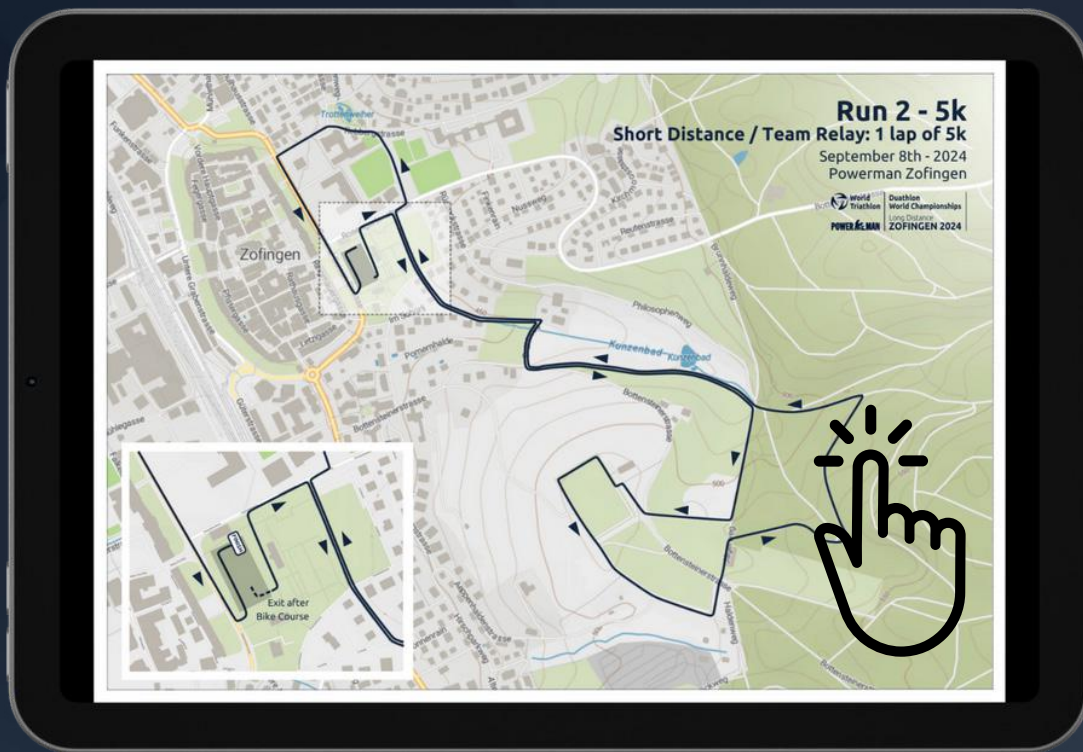
(2 LAPS OF 5K)



You can find more information about the course (elevation profile, detailed views, etc.) through links on RunGo, FATMAP, or on our website: www.powerman.swiss. Alternatively, GPX data can be downloaded for individual course representation.

BIKE - 50K

(1 LAP OF 50K)



You can find more information about the course (elevation profile, detailed views, etc.) through links on RunGo, FATMAP, or on our website: www.powerman.swiss. Alternatively, GPX data can be downloaded for individual course representation.

RUN 2 - 5K

(1 LAP OF 5K)

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+**
Claudia Rückiger