

Announcement for the 36th PUMA Herzoman

Date:

30.07.2023

Organizer:

Triathlon department of the gymnastics club Herzogenaurach 1861 e.V.

info@herzoman.de

Timing:

Timing is done by transponder, which must be worn on the ankle for the duration of the entire competition. After the competition, the rental transponder must be returned. If it is not returned, an amount of 40€ will be charged. The return of the transponder is also valid for the participants who do not start or give up the triathlon.

Competition judges:

BTV competition judges

Rescue service:

Red Cross Herzogenaurach

Distances:

Triathlon youth "Sprintdistanz" (200m - 10 Km - 2,5 Km)

Students aged 12 to 15 (born 2011 to 2008) are eligible to start.

Triathlon "Sprint distance" (400m - 20 Km - 5 Km)

Youths and adults (born in 2007 or later) are eligible to start.

Relay "Sprint distance" (400m - 20 Km - 5 Km)

Eligible to start are youths from 14 years and adults. A relay consists of at least two participants. For youths before the age of 18, no two individual disciplines may be completed consecutively.

Participation:

For youth under the age of 18, a parent or guardian's certification of the child's physical fitness is required. Please use the form on the website. This confirmation is not required if the entry is made through a club. In case of a registered club, the declaration of consent of the legal guardian must be available.

Please send confirmation by mail.

Participant limit:

450 single starters in starting groups a 30 starters

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1 start group relays a 30 relays

Starting fee:

Adults

from 01.05.2023 55€

Pupils A and youth A/B

from 01.05.2023 12€

from 01.06.2023 15€

from 01.07.2023 20€

The entry fee will be debited by direct debit after registration. With the registration, the applicant agrees to the collection of the entry fee by direct debit.

Relays

from 01.05.2023 60€

from 01.06.2023 75€

from 01.07.2023 90€

Withdrawal from the registration

Withdrawal until 31.05.2023 complete entry fee

Withdrawal until 30.06.2023 50% of the entry fee

Cancellation from 01.07.2023 No refund of entry fee

Registration:

Only online at: www.herzoman.de

Data protection: By registering, participants agree that the data mentioned in the registration, the results achieved in connection with the participation as well as the photos taken may be used by us for internal club purposes, placed on the Internet and passed on to the local press without any claim to remuneration on your part.

Registration deadline:

Registration deadline is 20.07.2023(23:59) or after the participant limit has been reached.

If participants are removed from the list of participants (deregistration of a participant), registration is immediately possible again!

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Participants who may not have received a starting place, please check regularly on www.herzoman.de, whether the registration is possible again online. There is no waiting list!

Late registrations are only possible on Saturday, 29.07.23, on site.

Swim distance:

200m or 400m on lanes in the heated 25m swimming pool (outdoor pool Herzogenaurach). No wetsuit is allowed. The lanes will be counted using different colored swim caps.

Bike course:

10-kilometer or 20-kilometer bike course.

Helmets are compulsory for the cycling competition. No start is possible without a proper helmet.

Run course:

Flat 5km/2.5km turnaround course on forest trails

Headphones:

Wearing headphones during the race is not allowed and will result in disqualification.

Changeover zones:

S/R - sunbathing lawn in the outdoor swimming pool and R/L - on the TSH grounds. In the transition zones the bike must be pushed, otherwise disqualification is imminent.

Nutrition:

Drinks in the transition area R/L. Cake and fruit in the finish area.

Relays

This year, for the first time, there is also the possibility to complete the Herzoman as a relay, i.e. as a team of three persons. One person will swim, one person will cycle and one person will run the same distance as the single starters, i.e. 400m swimming, 20 km cycling and 5 km running. The transponder will be handed over in the transition area and in transition area two also the start number in a designated area. The same rules apply on the course for the relay teams as for the individual starters. A relay can be formed not only by three but also by two persons, the division of the distances is not relevant according to DTU regulations.

Translated with www.DeepL.com/Translator (free version)

Classes

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Decisive for the age group classification is the year in which the respective age group is completed.

Age category Age group

Pupils A 12 + 13 2011 + 2010

Youth B 14 + 15 2009 + 2008

Youth A 16 + 17 2007 + 2006

Juniors 18 + 19 2005 + 2004

Age group 1 20 - 24 2003 - 2000

Age group 2 25 - 29 1998 - 1994

Age group 3 30 - 34 1993 - 1989

Age group 4 35 - 39 1988 - 1984

Seniors 1 40 - 44 1983 - 1979

Seniors 2 45 - 49 1978 - 1974

Seniors 3 50 - 54 1973 - 1969

Seniors 4 55 - 59 1968 - 1964

Seniors 5 60 - 64 1963 - 1959

Seniors 6 65 - 69 1958 - 1954

Seniors 7+ from 70 1953 and older

each female and male

Special classification city championship

The places 1-3 overall in the classifications pupils female/male and adults female/male are honored.

Eligible to start in the city championships are:

- all residents of the city of Herzogenaurach with districts (an address in Herzogenaurach or in one of the districts must be given when registering),
- all members of Herzogenaurach clubs (the name of the respective club must be given as the club name),

Pupils of Herzogenaurach schools (the name of the respective school must be given as the name of the club).

- Employees of Herzogenaurach companies (the company name must be given as the club name).

Team classification:

In each case the three fastest participants of a club/team will be scored (with 6 participants then 2 teams etc.). One classification for female and one for male teams.

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Valuation 1st-3rd place overall:

One score each for women, men, female youth and male youth.

Relay classification

The three fastest relay teams will be honored, regardless of the composition of the relay team.

Award ceremony:

Approx. 1:30 p.m. at the TSH restaurant at the TSH square.

Prizes:

Puma finisher shirt for each participant at the finish line. At the award ceremony, trophies for the fastest of the day and the age group winners. Trophies from the city of Herzogenaurach for the city champions. The result lists and certificates can be found on the Internet at www.herzoman.de.

Liability:

The organizer as well as their legal representatives and vicarious agents are only liable in case of intentional or grossly negligent conduct in case of accidents, theft or other damage. Participants are responsible for the technical safety of their own equipment.

Entrance to the bath:

Is only via the main entrance (at the ticket booth) of the outdoor pool of the city of Herzogenaurach, Tuchmachergasse 1. There is no direct parking here. Please use the triathlon parking lot in Ansbacher Straße near the festival area (see directions).

Start documents:

Sat 29.07. from 14.00 - 16.00 at the TSH square.

Sun 30.07. from 7.30 - 8.30 a.m. at the supervision tower in the open air swimming pool. The starting groups will be divided according to the indicated swimming style (breaststroke/crawl) and the indicated swimming and total time. The starting group division can be found 2-3 days before the competition at www.herzoman.de.

Material:

A start number will be issued, which must be worn on the back during cycling and on the front during running. Therefore, you will need to bring your own race number band or elastic with safety pins to attach your race number, as well as two change bags if needed.

Check-in:

Bike drop-off no later than 9:00 am. Bag drop off from 7:30 - 8:30 am.

Drop off bike bag in person at transition area S/R. The running bag can either be deposited personally in the transition zone R/L at the TSH square from 7:30 a.m. onwards or must be handed in to the collection van at the end of transition zone S/R by 8:30 a.m. at the latest. Only participants will be allowed to enter the transition zones.

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Race briefing:

At 8:20 am at the diving tower in the outdoor pool, mandatory participation!

Start:

Sunday 07/30, starting at 8:35 am approximately every 10 minutes, 16 start groups.

Finish:

Place of the gymnastics club Herzogenaurach, Adalbert-Stifter-Str.50.

Showers:

Available in the finish area, in the changing rooms on the grounds of the Turnerschaft Herzogenaurach.

Check out:

Everything will be brought from the bathroom to the finish area. Collection of bikes and change bags after the race from approx. 12.00 hrs until 13.30 hrs at the latest. Issue of the material after showing the start number and handing in the rental transponder.

Regulations:

The event is based on the competition regulations of the German Triathlon Union (sport regulations, organizer regulations, federal league regulations, anti-doping code, referee regulations) as well as legal and procedural regulations and disciplinary regulations. With the registration the participant accepts the competition regulations as well as the legal and procedural regulations, the disciplinary regulations and the conditions of the organizer according to the announcement bindingly.

The instructions of the course staff have to be followed.

In case of an accident the competition has to be stopped (hit and run) or if necessary help has to be given to others.

Bicycle translation restriction for youths

For the protection of young participants of a triathlon, the organizer regulations of the German Triathlon Union require the gear ratio restrictions shown in the table. Please have your bike shop set the appropriate gear ratio restriction on your child's bike. The restriction will be checked by the competition judges at the bike drop-off before the start.

Age category	Age group	Competition distance	Max. Gear ratio
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Pupils A	12+13	2011+2010	0,2 - 10 - 2,5 5,66m
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Youth B	14+15	2009+2007	0,2 - 10 - 2,5 6,10m
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Bike course

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From the transition area in the open-air swimming pool, take the foot/bike path "Wiesengrund" to Hans-Maier-Straße. Then turn left to the intersection with Ansbacher Straße, turn right towards Dondörflein. In Dondörflein turn right. After 500m in the traffic circle take the second exit towards Münchaurach. Attention danger: At the very steep downhill in Münchaurach the hands must be on the brakes. Failure to do so will result in disqualification. It will be controlled. At the end of the hill in Münchaurach turn right via Falkendorf to Herzogenaurach. In Herzogenaurach at the turn-off into Waldstraße the first bike lap is finished. The main class will do a second lap - please pay attention to the sign. After the corresponding number of laps turn right into Waldstraße. After the third crossing turn right into Dohnwaldstraße and pass the parking lot on the left to the marathon gate of the TS-Platz - transition area R/L.

Alternative short course

From the transition area at the outdoor pool, take the foot/bike path "Wiesengrund" to Hans-Maier-Straße. Then turn left to the intersection with Ansbacher Straße, turn right towards Dondörflein. In Dondörflein turn right. After 500m in the traffic circle take the first exit towards Falkendorf. Attention danger: On the steep descent to/from Falkendorf you must have your hands on the brakes. Failure to do so will result in disqualification. It will be controlled. At the end of the descent in Falkendorf, turn right towards Herzogenaurach. In Herzogenaurach at the turn-off into Waldstraße the first bike lap is finished. The main class will do a second lap - please pay attention to the sign. After the corresponding number of laps turn right into Waldstraße. After the third junction turn right into Dohnwaldstraße and past the parking lot turn left to the marathon gate of TS-Platz - transition zone R/L.

Attention:

Slipstreaming is prohibited. Association referees control.

No closed course - the road traffic regulations must be observed!

Running course

After the transition area, run past the tennis court, across the TSH parking lot towards the forest. Then run on the forest path parallel to the sports ground until the junction with the main forest path. Here straight ahead to the turning points: Youths after 1.25Km, main field after 2.5Km at the sand pit just before the connecting road Falkendorf/Dondörflein. Youths and main field the same way back to the TSH place. Shortly before the transition area run left in a loop over the course and meadow to the finish arch.

PUMA Herzoman 1986-2022

Jahr	Herren	Damen	Jugend männlich	Jugend weiblich
1986	Georg Bessler	Helga Bitter	keine Wertung	keine Wertung
1987	Georg Bessler	unbesetzt	keine Wertung	keine Wertung
1988	Georg Bessler	Helga Bitter	Jörg Nix	Claudia Suleck
1989	Hermann Lange	Birgit Haas	Swen Sundberg	Silke Wüstner
1990	Hermann Lange	Birgit Haas	Tarik Börner	Rhea Börner
1991	Hermann Lange	Barbara Fleischmann	Tarik Börner	Rhea Börner

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1992	Hermann Lange	Barbara Fleischmann	Ingo Sutjadi	Baukis Börner
1993	Hermann Lange	Ingrid Schneider	Armin Ringler	Theresa Wiebe
1994	Hermann Lange	Ingrid Schneider	Armin Ringler	Baukis Börner
1995	Hermann Lange	Petra Weiß	Hannes Grillenberger	unbesetzt
1996	Armin Jechnerer	Ingrid Schneider	Maik Bushbeck	Corinna Steyskal
1997	Swen Sundberg	Ingrid Schneider	Julian Anger	Friederike Quandt
1998	Swen Sundberg	Andrea Bugar	Michael Fischer	Astrid Karnikowski
1999	Swen Sundberg	Sabine Stelter	Frank Katsch	Stefanie Wieland
2000	Swen Sundberg	Barbara Harig	Ulf Karnikowski	Friederike Quandt
2001	Michael Rudolph	Sabine Stelter	Daniel Pfeiffern	Kerstin Steyska
2002	Swen Sundberg	Sabine Stelter	Maximilian Bär	Sara Walzik
2003	Swen Sundberg	Anja Ippach	Felix Strangl	Rebecca Ott
2004	Rodrigo Nebl	Angela Kühnlein	Maximilian Dassler	Isabell Götschl
2005	Rodrigo Nebl	Barbara Harig	Konradin Breyer	Anke Friedl
2006	Benjamin Keller	Heidi Jesberger	André Kress	Isabell Götschl
2007	Alex Blank	Carmen Valerius	Gregor Mai	Julia Schübel
2008	Samuel Schüle	Carmen Valerius	Gregor Mai	Sarah Neukam
2009	Lukas Storath	Dagmar Matthes	Wolfgang Endres	Sarah Neukam
2010	Lukas Storath	Astrid Karnikowski	Maximilian Körbe	Sarah Neukam
2011	Lukas Storath	Elke Bäuml	Marc Meyer-Pries	Lene Gottwald
2012	Sebastian Bleisteiner	Johanna Ahrens	Fabian Kraft	Theresa Neukam
2013	Andreas Rühling	Sarah Neukam	Marchelo Kunzelmann	Theresa Neukam
2014	Christian Seeberger	Heidi Sessner	Tobias Poßer	Sofia Warter Rubio
2015	Lasse Ibert	Julia Schübel	Heindl Dion	Magdalena Schöttner
2016	Tobias Heining	Jennifer Jones	Pablo Warter Rubio	Fenja Sommer
2017	Lasse Ibert	Sofia Warter Rubio	Jan Pluta	Lena Gömmel
2018	Lasse Ibert	Maria Paulig	Jan Pluta	Lena Gömmel
2019	Lasse Ibert	Astrid Werner	Jan Pluta	Lena Gömmel
2022	Johannes Bader	Elena Pluta	Tim Krauß	Alba Warter Rubio

7:30	Bath opening
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7:30 - 8:30	handing out of starting documents and start of bike handing out
8:20	race briefing at the pool (participation is compulsory)
8:30	latest drop off of the running bag at the collection trolley
ca. 8:35	start of the first group
ca. 11:10	start of the last group
12:00 -13:30	Bike pick-up (only after handing in the transponder and with start number)
ca. 13:30	Award ceremony on the terrace of the TSH restaurant