



Triple Iron Ultratriathlon

From June 14 to 16, the world championships in Triple Iron Ultra Triathlon took place for the very first time in Moosburg, Kaernten, Austria. Twelve teams started to win a world championships medal. This contest gave reason to found the "Austrian Cancer Aid Triathlon Team". They became vice world champion and won the second place of the Austrian Ultra Triathlon Championships!

Following a detailed summary of the team:

„From June 14 to 16, the world championships in Triple Iron Ultra Triathlon took place for the very first time in Moosburg, Kaernten, Austria. This contest gave reason to found the "Austrian Cancer Aid Triathlon Team". The (mixed) team of five persons was composed of Mag. Harald Fritz, Dr. Ulla Heindl, Richard Mangl, Gerald Moser and Mag. Alexander Stichler. It had the aim to secure itself a podium position and to win a world championships medal after 11.4 km swimming, 540 km biking and 126.6 km running.



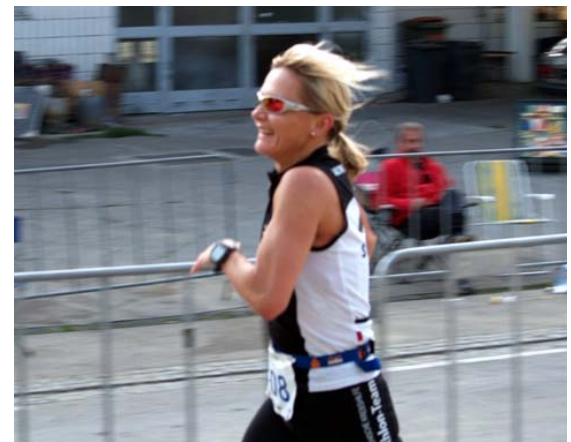
Since the preparation as well as the contest required great pains, sponsors needed to be found that were willing to support the team and/or the Cancer Aid in order to achieve the aimed objective. One important sponsor was the Diaglobal GmbH with its mobile performance diagnostics laboratory. Besides the meanwhile indispensable lactate tests for the control of performance intensity it was mainly the feasibility to determine the loading duration through the measurement of blood urea that turned out to be an important benefit for the intensive bike training camp. Particularly in endurance sports, this objective measurement of the set training stimulus is an important assistance for the subjective estimate in order to not get into a (counterproductive) over-training.



The contest started on June 14 at 8:00 a.m. with the discipline swimming where altogether 21 courses had to be covered for 11.4 km. From the beginning on it was clear for us, in contrast to other teams, that each team member would have covered the same distance, regardless of individual strengths or weaknesses in the several disciplines. Even though our team was placed only eighth (of a total of 12 teams) after the swimming, we were well aware of the fact that that discipline was not one of our strengths and approached the 540 km biking with great verve

Each of us covered 3x 36 km (one course was exactly 6 km), and in the course of the night it turned out clearly that we were able to improve our placing. At the end of the biking route at approximately 3:00 a.m., we were placed fourth and tackled the 126.6 km running. Despite the mobilisation of all powers we did not manage anymore to win a higher placing but reached the finish line as fourth team with only 6 minutes (!) being behind after 28 hours and 41 minutes. However, we succeeded in the mixed valuation where we were placed second. Hence we became vice world champion and won the second place of the Austrian Ultra Triathlon Championships!

What has become an idea on the occasion of these world championships has been carried on for all coming contests as well. As a result, the members of the „Austrian Cancer Aid Triathlon Team“ were not only well represented at the Ironman in Klagenfurt but entered, besides several small contests, the Austrian Championships over the Ironman Distance (3.8 km swimming, 180 km biking, 42.2 km running) with two teams on August 26 in Podersdorf.



Also there our mixed team succeeded in becoming vice champion (Staatsmeister) in the mixed valuation with a time of 10 hours and 17 minutes.

For 2007 it is intended to find as many sponsors as possible who are disposed to donate **one euro** to the Austrian Cancer Aid for each kilometer that the Triathlon Team covers during the contest or to support the team with contributions in kind and/or monetary donations in order to facilitate the complex training.

The aimed target of several team members is the world championship qualification in the 70.3 series (= half Ironman Distance) which will take place next year at November in Florida. Both the preparation and the participation in the qualification races and in the world championship respectively require not only innumerable training sessions but also a considerable high amount for entry fees, equipment, training camp etc.. Therefore any support may help the team to contest as often as possible and in turn to raise money for the Cancer Aid!

Das ganze Team der Diaglobal GmbH möchte an dieser Stelle nochmals gratulieren und wir freuen uns, daß unser Mobiles Labor einen Teil zu diesem Erfolg beitragen konnte!

