

Höntzsch supports triathlete Daniel Kohlhepp in his mission „Ironman“



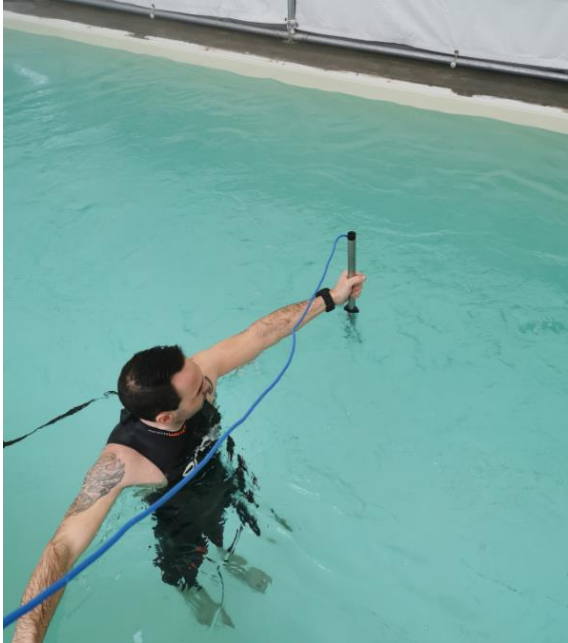
January 2021 – temperatures around 0 °C – a dark season...

Is there anyone thinking about going swimming? Yes! Daniel Kohlhepp!

Daniel is a successful triathlete who suffers like many other athletes from the pandemic. Especially training for the starting event „swimming“ has been difficult to manage for many triathletes for months..

With the urge for innovation and initiative Daniel built his own counter-current system in his garden. A tent protects the athlete from extreme weather conditions. If you think this is a wellness pool, you're wrong. Water temperature is about 21 °C and the counter-current system flows at about 1.21 m/s!

Höntzsch supported Daniel in January of 2021 in determining the flow velocities and recording flow fields of the 5 nozzles with different distances and power levels. The resulting data is helpful in creating the perfect training plan.



Flow measurement at the counter-current system

For technicians

Daniel took a counter-current system with 5 nozzles from the company „Ospa“ in Mutlangen and installed it in his self built basin. The high-performance 5.5 kW system generates 150 m³/h. Flow velocity behind the nozzle of 1.21 m/s equals 4.35 km/h / 2.35 knots.

Swimmers specify their pace in time per distance [min:sek/100 m].

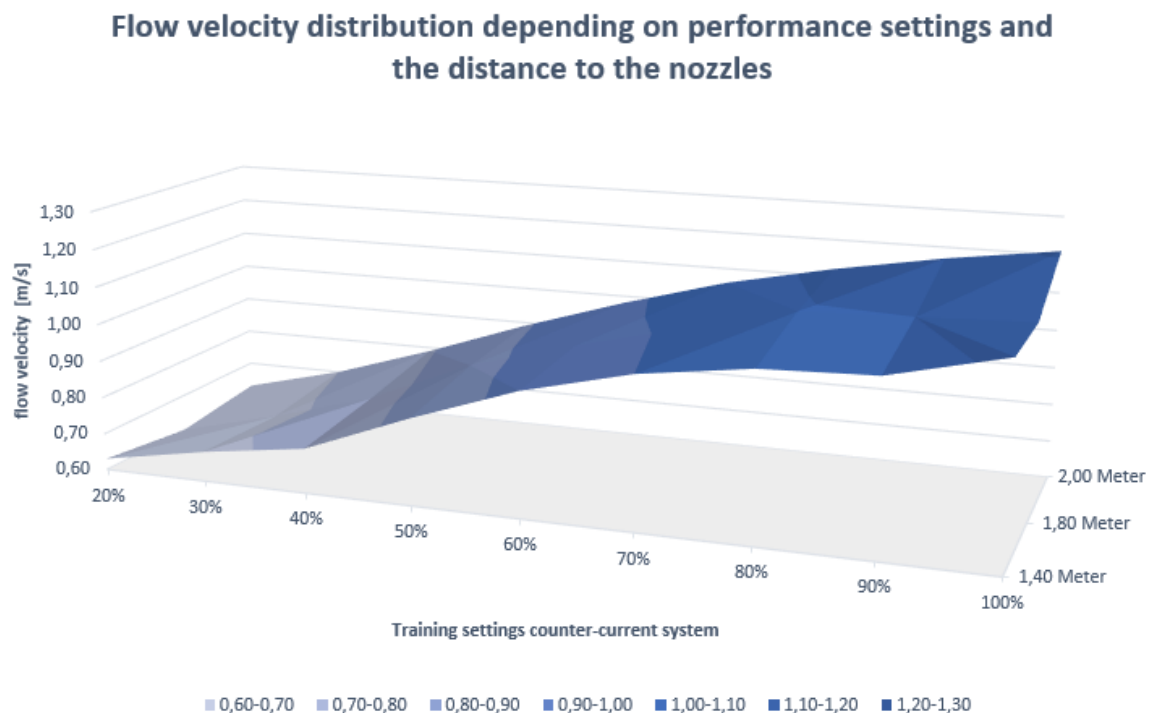
The system's performance can easily be adjusted through an App where you can also pick different training programmes.



Handheld unit flowtherm NT.2 + vane wheel flow sensor

Measurements

Measurements of fluid flow are 20 cm deep into the water at determined distances between 1.4 ... 2.0 m from the nozzles and with different power settings. With a DAKS calibrated Höntzsch vane wheel flow sensor ZS25 and a handheld unit flowtherm NT.2 averages of single measurements were recorded in the data logger. Given the recorded measuring data it is now possible to connect the system's performance data with the flow velocities for an optimal training plan and execution. The result is better training control and a positive training result.



On the road to Hawaii

To receive one of the much sought-after spots in the Ironman you have to pre-qualify in other triathlons like the classic events in Frankfurt or Hamburg. Depending on age and gender the events have different slots that authorise participation in Hawaii. The amount of slots varies. Total time must be under 10 hours.

With 3.862 km (2.4 miles) swimming, 180.246 km (112 miles) biking and a marathon run of 42.195 km (26.219 miles) the Ironman is the king among all triathlons.

Daniel trains about 6 days a week. After work in the evenings about 1.0 – 1.45 hours depending on the plan and free time, and a lot more on weekends. He's supported by his online coach.

During swim training about 3 times a week he reaches paces between 1:35 ... 1:45 min/100 m. This adds up to a distance of 8 km in two hours.

The basic training pace is about 70 – 80 % of the counter-current system's maximum performance level. Intervall trainings with higher paces are also done to reach the goal at a certain point. Following swimming he bikes or goes on runs. The record for fastest swim on Hawaii is at about 5 km/h and was set by Jan Frodeno.

Daniel Kohlhepp is a heating engineer and installer. He built the system himself and offers his experience and knowledge to others without losing sight of his goal: **Ironman 2022**

Höntzsch wishes him lots of success and health!

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