Min Ho Heo - KOR

Gender: Male
Athlete Year of Birth: 1990
Athlete Place of Birth: Seoul
Athlete Weight: 59 kg
Athlete Height: 175 cm
Athlete Lives: Seoul Array
Current WTS Ranking: No Ranking

Athlete Biography

I began triathlon when I was eight years old at the suggestion of my personal coach. The people who have had the most influence on my sporting career are Mr. Kwak and Kyung Ho. My father, who owns a small business, was also an athlete in his youth.

In 2007 I participated in the ITU Junior Camp in Hungary, and was part of the 2009 ITU Scholarship program. My favorite ITU race is the World Championship, because all the best athletes compete, and I can see where I stand. My personal best swim time (1500m) is 17 minutes, bike (40km) 55 minutes, and run (10km) 31 minutes. During an average training week, I swim 12 hours, bike 300 km, and run between 70-80 km. My triathlon goal is to win an Olympic gold medal.

The biggest obstacle I have overcome is when I returned to triathlon after finishing a six-month career as a soccer player when I was twelve years old.

Athlete Language: Korean, English

Athlete Tri Entry Year: 1996

Athlete Education: student at Dong Seoul College

Athlete Proudest Moment: Asian Championships 2007, 2008, 2009

Athlete Coach: Jan Rehula

Major Games Results

Date	Event Name	Position
04/08/2012	2012 London Olympic Games	54
13/11/2010	2010 Guangzhou Asian Games	5

Recent World Triathlon Series Results

Date	Event Name	Position
20/10/2012	2012 Barfoot&Thompson World Triathlon Grand Final Auckland (U23 Men)	25
26/05/2012	2012 ITU World Triathlon Madrid (Elite Men)	53
08/09/2010	2010 Dextro Energy Triathlon - ITU Triathlon World Championship Grand Final Budapest (U23 Men)	22
08/05/2010	2010 Dextro Energy Triathlon - ITU World Championship Series Seoul (Elite Men)	46
11/04/2010	2010 Dextro Energy Triathlon - ITU World Championship Series Sydney (Elite Men)	45
09/09/2009	2009 Dextro Energy Triathlon - ITU World Championship Grand Final Gold Coast (Junior Men)	7
02/05/2009	2009 Dextro Energy Triathlon - ITU World Championship Series Tongyeong (Elite Men)	39

World Championship Medals

This athlete does not have any World Championship Medals

0 World Cup Wins

This athlete has not any World Cup Podiums