It's not that the information wasn't previously available (although precise beacon and C4 timing isn't) but more that the game is designed (We assume) to make checking the building / team status force you to stand still, preventing you from doing it in the middle of a fight, or out of cover. This means that you need to plan more.

TL;DR - HUDs display that info real-time, which is a big advantage compared to the normal non-real-time-updating, make you stand still display.