

Some questions to:

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Can you introduce yourself? What did you do before quadrathlon, when did you started, ...

Born 20.07.1982, current age 37, male, 182 cm, 68 kg
cycling => triathlon => quadrathlon; quadrathlon since 2013



Where do you live?

Heilbronn, Germany (southwest Germany)

What's your favourite discipline?

I love all four disciplines. The mix of all four is the best. But most, I have to practice paddling. I think the biggest increase is possible here.

Rate the four disciplines on a scale of 5.

- Swim:
- Bike:
- Kayak:
- Run:

I can't answer this question, because I like all of the four disciplines similarly.

What are your favourite races?

I start since 2013 every year Ratscher, Koberbach and Tyn. But I also like other races. My absolute favourite is Tyn.

What's your favourite distance? Sprint/ middle/ long?

currently sprint

What was your best:

- Race: the next one!
- Result: some fifth places at Europe and World Championships

Have you ever won a European or World title? How many, and when?

no, not yet

What are you best results in the world cup ranking?

5th... I think this year...

What's your biggest tip for a beginner in quadrathlon?

keep on task

How many hours do you train a week?

Something between 0 and 40

Do you like hilly courses?

yes of course, I like up and down courses on the bike, but defiantly not in the kayak. In particular I like very long steep climbs while cycling.

Who is your idol?

In my youth, it was Jan Ullrich and Marco Pantani – but not now....

Describe yourself in one word:

in one word? That not possible!

If you are a fruit, what fruit would you be? Why?

a cherry – because I eat a lot of them :-)

What's your favourite food/drink?

Water

What do you do before a quadrathlon race?

relax

What do you want to get as a prize if you win a race?

a 23rd towel ;-)

Where's your favourite training place?

- I love free water swimming in the lake or the river, but I don't like that much swimming in the pool.
- I love cycling in the Black Forest, but I don't like that much to wait at the traffic lights in the city.
- I love kayaking on the Danube or on the Neckar, but I don't like that much to train in the gym.
- I love to run who I can hear the birds, but I don't like that much to hear the sound of the cars from the road.

Do you avoid alcohol? If yes, only in the season, or always?

no alcohol – just water!

Who do you think is the best quadrathlete in history? Man / woman

Man: there are some excellent athletes. For example

Miroslav Podborský, Enrique Peces or Tomáš Svoboda.

Women: Lisa Teichert

What's your favourite place?

there is not only one...