

Some questions to:

## Kata Balázs

10.08.2019

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

I'm 18 years old female athlete.

I did my first quadrathlon race 4 years ago. My goal was at this time to finish the middle distance. I really liked the competition and the atmosphere, so I decided to participate in tournaments. For 3 years, I was doing quadrathlon beside kayaking. The kayak races were always more important, so I focused more on it. I competed in quad races just for fun. Today I know, that I can not do both sports, because they need a different preparation. I finally made the decision in May this year. I started to train during my final exams separated from the kayak team Honvéd. The summer of 2019 is my first preparation period, when I focus on the quadrathlon. I hope I will be able once to catch up to the fastest female quadrathlete. :)

### Where do you live?

Dunakeszi, Hungary

### What's your favourite discipline?

Kayak

### Rate the four disciplines on a scale of 5.

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

### What are your favourite races?

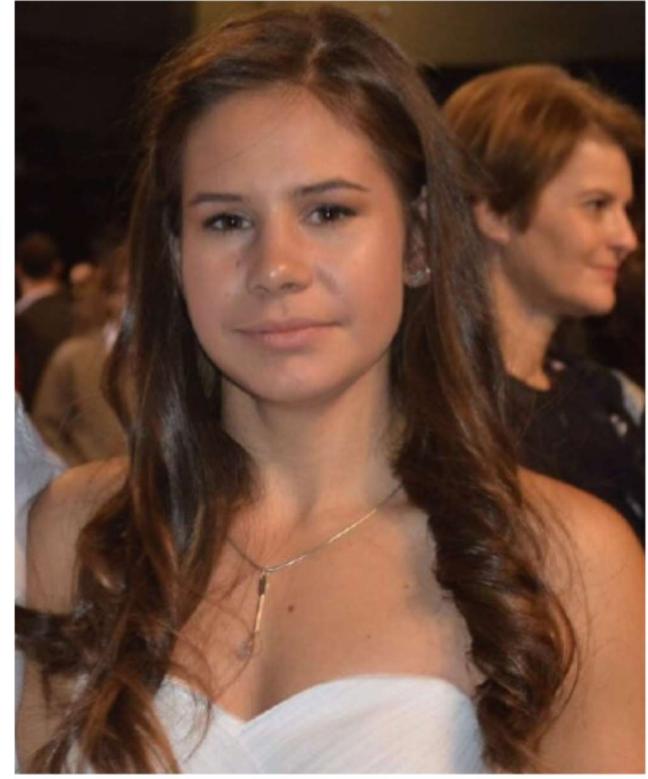
My favorite race was the one in Orfű (Hungary), but I also liked the race in Ratscher.

I really like the city Tyn but the racetrack is very hard there for me.

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

sprint

I have never participated in a long-term race.



### What was your best:

- Race: Kaposvár 2018
- Result: total women 1.
- Performance: 1:54:53

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

I think my best result was in 2017 in Orfű, when I was the second female finisher.

I was in the first 3 in many ECH and WCH in my category

### What are you best results in the world cup ranking?

- 2017 Total women 2.
- 2017 Youth women 1.
- 2018 Juniors women 2.

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

I think it isn't easy at first to focus on the hole race and not just on one discipline.

It is important to be enough hydrated during the race.

I won't say that the first race is going to be easy, but do not give up.

**How many hours do you train a week?**

I used to train 14 hours a week (8 trainings / week), but since I finished secondary school I am able to train more often.

**Do you like hilly courses?**

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**Who is your idol?**

Who is your idol?

The hungarian kayaker Katalin Kovács

**Describe yourself in one word:**

Tough

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

Apple. A day doesn't go by without eating at least one apple. :)

**What's your favourite food/drink?**

I don't have one favorite food, but I like the Italian kitchen as well as the Hungarian.

**What's your favourite pre-race track?**

I have no special pre-race track.

**What do you do before a quadrathlon race?**

I like to listen to music, so I can concentrate on the race.

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

Nothing special.

I just want my club to recognize my results of a quadrathlon race, because it is very sad that they don't support me. :(

**Where's your favourite training place?**

My favorite training place in summer is at the lake Balaton. I like to train there, because there are beautiful roads and the water of the lake is usually warm. In winter I attend the trainings of the kayak team Honvéd, but I am fun of skiing so I make a lot of winter holidays in Austria and Italy.

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

I usually avoid alcohol not just during the season, because I rarely go to parties where it is funny for youngsters to get drunk. I think it is not a problem if someone drinks a glass of alcohol, but it is not okay to drink until unconsciousness.

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

Lisa Teichert :)

**What's your favourite place?**

I do not have a favorite place, but I like the hills of Austria and the beach of Bibione (Italy).

**What's your nickname?**

What's your nickname?