
Some questions to:

Laurent Martinou 

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

Born: 1976

Gender: Male

Height: 168cm

Weight: between 65 kg and 68kg

First Quadrathlon: Ibiza in 2015

Before quadrathlon: Triathlon/duathlon since 1999

Where do you live?

Chamarande in France . A small village, 50km in the south of Paris.

What's your favourite discipline?

Run (after bike)

Rate the four disciplines on a scale of 5.

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

What are your favourite races?

Ibiza (for the history) Kretinka (for the quality of organisation)

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

Long for the challenge against myself



What was your best:

- Race: T
- Result: Quadrathlon: 2nd place at European championship.
Other (overall Age group duathlon LD world champion in Zofingen (SUI) 2017; 2nd overall age group in the Ironman 70.3 world champion in 2007)
- Performance: 2h38 for marathon, 3h59 for half ironman
- Experience: Quadrathlon: The relationship with the others quadrathletes
Other: participation at ironman Hawaii (172th overall), the "Graal" of triathletes

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

No

What are you best results in the world cup ranking?

5th in 2017

Triathlon: 14th in the ITU LD triathlon elite ranking

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

Try to be technical efficient in the four disciplines

How many hours do you train a week?

Between 8 hours to 10 hours (it could be 15h during special training weeks)

Do you like hilly courses?

Yes, it is my favourite type of courses.

Who is your idol?

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Describe yourself in one word:

A father/husband who loves a lot the multisport

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

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What's your favourite food/drink?

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What's your favourite pre-race track?

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What do you do before a quadrathlon race?

I try to sleep a lot 😊

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

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Where's your favourite training place?

Near my family

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

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

Man: Miroslav Podborský

Woman: Lisa Teichert

What's your favourite place?

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What's your nickname?

Lolo