
Some questions to:

Stefan Teichert 

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

Born in 1980, male, 189cm, 77kg. I started with Quadrathlon in 2003, after I met Ludwig and Gudrun in my hometown Suhl (near Ratscher) and Andi in my new home Heidelberg. Before that I was active as Triathlete and in Livesaving competitions.

Where do you live?

Eppelheim, Germany, next to Heidelberg

What's your favourite discipline?

Quadrathlon =)

Rate the four disciplines on a scale of 5.

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

What are your favourite races?

There are a lot of great races, but especially Ratscher (my home) and Bude in Cornwall (First Kiss with my wife).

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

At the moment Sprint. After the fusion of my backbones in spring 2019 I have to take it easy.



What was your best:

- Race: Týn 2014 only one minute behind Mr. Quadrathlon Miroslav Podborsky
- Result: 2013 victory of World Championchips.
- Performance: will show my best performance in the next race.
- Experience: learning a lot after every race

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

2013 World Champion Middle (Ratscher, GER)
2009 European Champion Middle (Steinberg, GER)
2015 European Champion Middle (Ibiza, ESP)

What are you best results in the world cup ranking?

2013 and 2014 first after the season

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

Get started and have fun. In every race are fast and slow athletes. And all are happy if YOU start in the next race.

How many hours do you train a week?

At the moment 7-10 hours, in last years it was more

Do you like hilly courses?

Yes, if I trained some hills before 😊 Yes I like it, they are more competitive

Who is your idol?

Biathlete Ole Einar Björndalen (NOR). His great performance over years and years and the hard work behind that are impressive.

Describe yourself in one word:

Crazy

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

Blueberry – my wife loves blueberries 😊

What's your favourite food/drink?

Chocolate and Milk

What's your favourite pre-race track?

Usually I don't listen to music before the race. But if I did then hard-rock/heavy-metal.

What do you do before a quadrathlon race?

I am focused on the track and my tactics. If I don't have to handle some organizational stuff for the race.

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

Best prize is to stand with my wife together at the top of the podium.

Where's your favourite training place?

Somewhere in a beautiful nature next to Lisa no matter where on this planet. I love silent trainingcamps abroad like on the Acores or La Palma or Scandinavia, but Heidelberg with the river Neckar and its surroundings is more than a perfect place for training.

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

Yes totally. When I was younger, I drank a bit. But now I don't like it.

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

Miroslav Podborsky and Lisa Teichert
But especially in the last years there are some really good guys at the races (Gergö Badar, Enrique Peces, Tomas Svoboda). The level is getting tougher.

What's your favourite place?

The Acores are a magic place. But I do also love spending time at home with Lisa and the 5 rabbits.

What's your nickname?

Teichi

What's your job?

I work in the medical faculty of Heidelberg and organize a big test for whole Germany. I used to work as a nurse.