

Some questions to:

**Thorsten Bartzok** 

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

Born 1987, man, 178, 72 kilo. Before quadrathlon: Canoeslalom C2 and C1. Whitewater races and a lot of different sports. Started 2018 with quadrathlon.

**Where do you live?**

Essen, Germany

**What's your favourite discipline?**

Swim, Bike, Kajak and run ;)

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

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

**What are your favourite races?**

Hannover (GER), Kaposvár (HUN)

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

Middle distance, maybe the long distance



**What was your best:**

- Race: Hannover 2019, German Middle distance
- Result: Winner German Cup Serie 2019
- Performance: Kayak in Hannover 2019
- Experience: Terceira 2018, discovered the quadrathlon family

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

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**What are your best results in the world cup ranking?**

7 total man & 4. Elite Man 2019

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

swim, bike, kajak run and have fun

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

14-20 hours

**Do you like hilly courses?**

I love biking, but prefer flat courses :)

**Who is your idol?**

I have no idol, but I find athletes like Patrick Lange and Jan Frodeno admirable

**Describe yourself in one word:**

sportlife

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

cacao bean, because i love chocolate

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

Pizza & Pasta, water

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

I have a pre-race playlist calls "Flow" with different songs which make a good mood

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

Canoe slalom and canoe extrem "races"

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

A kiss from a pretty woman from the village of the race :D \*joke

A nice medal and maybe a cup or a small specific present from the village

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

I like the variety. I have no special place

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

I avoid alcohol most of the time

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

Man not sure. Woman Lisa Teichert

**What's your favourite place?**

In the nature with my dog or on the water, or in the hills :D

**What's your nickname?**

Toto