

Race Information

WQF World Cup Race

Gyékényes, Kótró lake,
Hungary

EXTREMEMAN
Gyékényes



05.06.2022

Version: 03.01.2022

Distance

750m Swim – 20k Cycle– 4,5k Kayak – 5k run

Organizer

- Kaposvár Freetime Association, Nagyatád Triathlon and Leisure Sport Association and Attidas Kft.
- Attila Péter
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- +36 30 6452794
- www.extrememan.hu/gyekenyes

Race location

- Gyékényes Kótró lake (South-west side) Free beach (Race center)
- Lat: 46.242024, Lon: 16.977864

Categories

- Solo (Age Groups after WQF Rules)
- Ladies and Men Relays (mixed teams are classified as men)
- Awards: medals for 1-3 places in every category

Timetable

- | | | |
|-------------------------------|--|-------------------------|
| - Pick up Race Numbers: | 10.30 – 12.00 | |
| - Check-IN: | 10:30 – 12:30 | Race Center at the Lake |
| - Race Briefing (in English): | 12:30 | Race Center at the Lake |
| - Race Start: | 13:00 | In the Lake |
| - Cutoff Time: | 3 hours (swimming: 30 min; end of bicycle: 1 h 30 min, end of kayak: 2 h 15 min) | |
| - Check-OUT: | 16:00 | Race Center at the Lake |
| - Ceremony: | 18:00 | Race Center at the Lake |

Registration

- Solo Adult, Masters Category
until 15.03.: 14,000 HUF; until 18.05. 17,000 HUF; up 18.05. 20,000 HUF
- Solo U17, U19, U23, Senior Category
until 15.03.: 9,000 HUF; until 18.05. 12,000 HUF; up 18.05. 15,000 HUF
- Relay
until 15.03.: 7,000 HUF/person; until 18.05. 10,000 HUF/person; up 18.05. 13,000 HUF/person
- Registration deadline: 25.05. (based on the number of people that are emerging to date, we decide whether we can accept a later/on site entry)
- Late/on site registration: + 6,000 HUF/person will be charged! In this case, the entry does not contain any gift items.
- Registration page: <https://extrememan.nevezo.hu/register>
- Starting list: <https://extrememan.nevezo.hu/nevezesilistas>
- Results after the race: <https://eng.evochip.hu>

Maps

- Swimming in Kótró Lake 1 lap counterclockwise
- Cycling on the roads beside Kótró Lake, 2x10 km laps on closed roads (elevation 20 m / lap).
- Kayak: on Kótró Lake, 3x1,5 km laps counterclockwise (Running shoes can be placed in the kayak depo)
- Running on the lakeside roads a 2x2.5 km laps
- Lake can be rather wavy in case of windy weather conditions!

Refreshment

Refreshment in the race center (after swim, running), at the bike turning point next to the race center.

Rules

- The race is under the rules of the WQF: <https://www.quadrathlon-online.de/wqf/WQF-Sport-Order.pdf>
- Abstract:
 - o No-Drafting at the bike
 - o Helm must close at the bike
 - o no crossing of the middle line at the bike
 - o no race-number under the wetsuit
 - o not to throw anything away
 - o Life jacket can be obligatory (also short term)

Others

- The race is organised together with a sprint distance triathlon race. Start is separated from the triathlon.
- Individuals and relays start at the same time. Individual competitors cannot be members of a relay team.
- Near the racecourse, we provide a free campsite. Toilet, washbasin, cold water shower.

Overview:

