

## Race Information

### WQF World Cup Race

Gyékényes, Kótró lake,  
Hungary

**EXTREMEMAN**  
Gyékényes



**05.06.2022**

Version: 03.01.2022

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### 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](http://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:

