

Race Information

WQF European Championship Sprint Distance WQF World Cup Race

Kaposvár, Deseda lake,
Hungary

27.06.2020



Version: 04.02.2020

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
- petiatti@gmail.com
- +36 30 6452794
- www.extrememan.hu/kaposvar

Race location

- Kaposvár Deseda lake (North side) Toponár beach (Race center)
- Lat: 46.396562, Lon: 17.822165

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: | from 8.00 | Race Center at the Lake |
| - Check-IN: | 9:00 - 10:30 | Race Center at the Lake |
| - Race Briefing (in English): | 10:30 | Race Center at the Lake |
| - Race Start: | 11:00 | In the Lake |
| - Cutoff Time: | 3 hours (swimming: 0.5 hours; end of bicycle: 1.5 hours) | |
| - Check-OUT: | 14:00 | Race Center at the Lake |
| - Ceremony: | 15:00 | Race Center at the Lake |

Registration

- Solo Adult, Masters Category
until 31.03.: 13,000 HUF; until 30.04. 16,000 HUF; up 01.05. 19,000 HUF
- Solo U17, U19, Senior Category
until 31.03.: 7,000 HUF; until 30.04. 10,000 HUF; up 01.05. 13,000 HUF
- Relay
until 31.03.: 6,000 HUF/person; until 30.04. 9,000 HUF/person; up 01.05. 12,000 HUF/person
- Registration dateline: 20.06. (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 Deseda Lake 1 lap clockwise
- Cycling on the roads beside Lake Deseda, 2x10 km laps on closed roads (elevation 50 m / lap).
- Kayak: on Deseda Lake, 3x1,5 km laps counterclockwise
- Running on the lakeside bicycle trail on a 3x1.66 km laps (flat)
- Lake can be rather wavy in case of windy weather conditions!

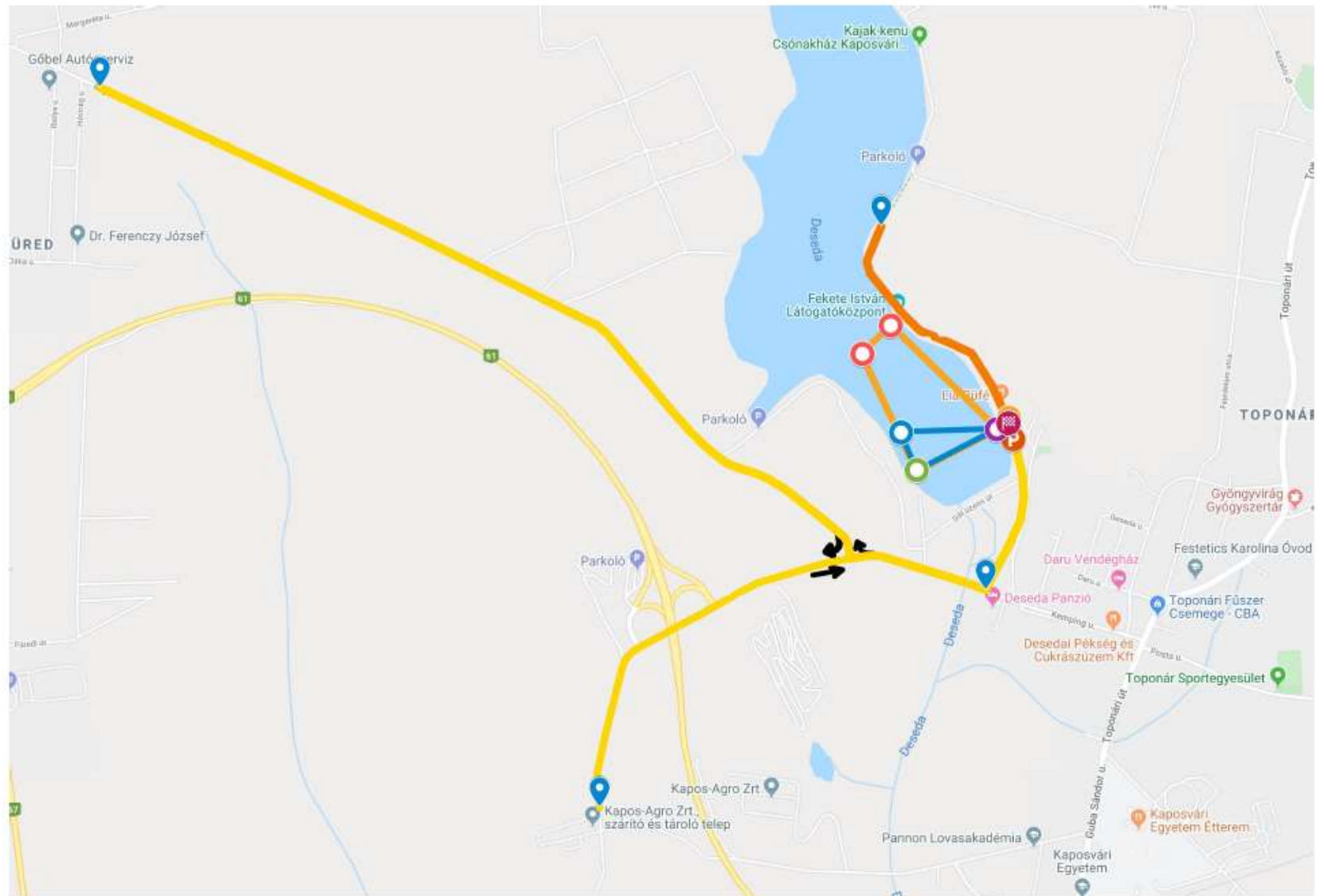
Transition:



Overview:

Q30 course

-  Swim course
-  swim buoy1 - Kayak buoy 3
-  swim buoy 2
-  running to the depot after swimming
-  Depot entrance
-  Run+bike depot
-  Depot exit
-  Bike start
-  Bike course (2 lap)
-  Bike course (2 lap)
-  Right turn
-  U-turn
-  Right turn
-  U-turn
-  Straightforward
-  U-turn (at the end of lap 1), left turn to the depot (at the end of lap 2)
-  Bike finish
-  Running from Bike depot to Kayak depot
-  Kayak depot
-  Kayak start
-  Kayak course (3 lap)
-  Kayak buoy 1
-  Kayak buoy 2
-  Kayak buoy 4
-  Running to the depot after canoeing (staff will take your kayak to the kayak store)
-  Run start
-  Refreshment station
-  Run course (3 lap)
-  U-turn
-  U-turn



Link to the detailed Map: <https://bit.ly/3b9d00c>

Refreshment

In the Transition. At the end of every lap on the running course. In the Finish.

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)

Rental

- Kayaks can be rented out at the local kayak club's boat house: Kajak-kenu Csónakház Kaposvári Vízügyi Sport Club
- Located 1,5 km from the venue
- <https://goo.gl/maps/Y8Mf69Vds6yUwHcu8>
- Contact: Ferenc Csima (csimaferenc72@gmail.com, +36 302355131),
- Price: 20 EUR/day, payment at the boat house



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.
- You can also participate the Sunday's eXtremeMan113 triathlon (1.9 km swimming, 90 km of biking, 21.1 km running) in single or in relay.
- Near the racecourse, we provide a free campsite. Toilet, washbasin, cold water shower.