

Race Information

WQF World Cup Race

Kaposvár, Deseda lake,
Hungary

25.06.2022



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

Race location

- Kaposvár Deseda lake (South 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: | Saturday 8-9.30 | |
| - Check-IN: | 8:00 – 9:45 | Race Center at the Lake |
| - Race Briefing (in English): | 9:45 | Race Center at the Lake |
| - Race Start: | 10:00 | 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: | 13:00 | Race Center at the Lake |
| - Ceremony: | 13:30 | Race Center at the Lake |

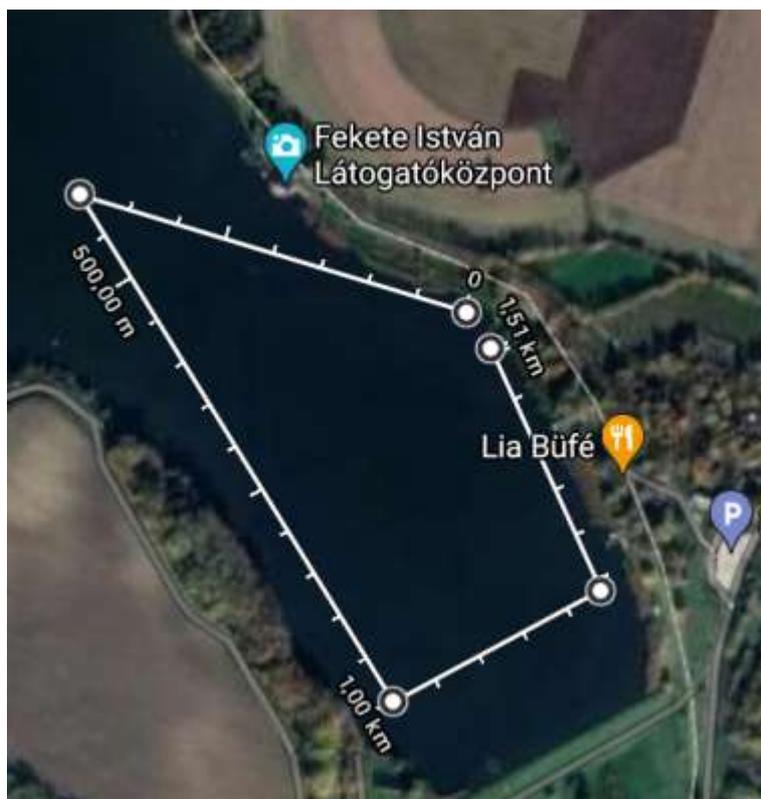
Registration

- Solo Adult, Masters Category
until 15.03.: 14,000 HUF; until 01.06. 17,000 HUF; up 01.06. 20,000 HUF
- Solo U17, U19, U23, Senior Category
until 15.03.: 9,000 HUF; until 01.06. 12,000 HUF; up 01.06. 15,000 HUF
- Relay
until 15.03.: 7,000 HUF/person; until 01.06. 10,000 HUF/person; up 01.06. 13,000 HUF/person
- Registration deadline: 08.06. (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 counterclockwise
- 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 shoes can be placed in the kayak depo)
- Running on the lakeside bicycle trail a 2x2.5 km laps
- Lake can be rather wavy in case of windy weather conditions!

Kayak course:



Transition:



Overview:

eXtremeMan Q30 2020

35 Aufrufe
TEILEN

✓ **Untitled layer**

- ➕ Úszás Start
- 🏊 Úszás
- 🟦 Bója 1
- 🟦 Bója 2
- 🟦 Bója 3
- 🏊 Úszás vége
- 📍 Úszásról való kifutás
- 🅑 Depó bejárat
- 📍 Depó
- 🅑 DEPO kijárat
- 📍 Kerékpárral kifutás depóból
- 📍 Kerékparra való felszállás
- 📍 Kerékpár útvonal
- 📍 Jobbra az indulásnál
- 📍 Kerékpár útvonal (2 kör)
- 📍 Jobb kanyar mindkét körben
- 📍 Kerékpár fordító 1
- 📍 Jobb kanyar mindkét körben
- 📍 Kerékpár fordító 2
- 📍 Egyenesen mindkét körben
- 📍 Kerékpár fordító 3
- 📍 Második körben egyenesen a depóhoz!
- 📍 Kerékpár útvonal

Link to the detailed Map:

<https://www.google.com/maps/d/u/0/viewer?mid=14fu37TqNbqRKCMybNDJsFO1NdkfQe3&ll=46.396410585211164%2C17.80321804999998&z=15>

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)

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: 25 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.