

Race Information

WQF World Championship Race Long Distance

WQF World Cup Race

Kaposvár, Deseda lake,
Hungary

25.07.2021

EXTREMAMAN
Q135 Deseda
Quadrathlon



Version: 09.02.2021

Distance

3,8k Swim – 90k Cycle– 20k Kayak – 21k 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 and dam area (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 (may be delayed)

- | | | |
|-------------------------------|--|-------------------------|
| - Pick up Race Numbers: | Friday 17-19, Saturday 7-8.30 and 14-15.30 | |
| - Check-IN: | 7:00 – 8:00 | Race Center at the Lake |
| - Race Briefing (in English): | 8:15 | Race Center at the Lake |
| - Race Start: | 8:30 | In the Lake |
| - Cutoff Time: | 10 hours (swimming: 1.5 hours; end of bicycle: 5 hours; end of kayak: 7.5 hours) | |
| - Check-OUT: | 17:00 | Race Center at the Lake |
| - Ceremony: | 18:00 | Race Center at the Lake |

Registration

- Solo Adult, Masters Category
until 31.05.: 33,000 HUF; until 30.06. 38,000 HUF; up 01.07. 43,000 HUF
- Solo U19, U23, Senior Category
until 31.05.: 21,000 HUF; until 30.06. 25,000 HUF; up 01.07. 29,000 HUF
- Relay
until 31.05.: 15,000 HUF/person; until 30.06. 20,000 HUF/person; up 01.07. 25,000 HUF/person
- Registration dateline: 17.07. (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: + 10,000 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 2 laps counterclockwise
- Cycling on the roads beside Lake Deseda, 3x30 km laps on closed roads (elevation 50 m / lap).
- Kayak: on Deseda Lake, 6x3.33 km (or 5x4km) laps counterclockwise (Running shoes can be placed in the kayak depo)
- Running on the lakeside bicycle trail, on the dam, under the dam a 4x5,2 km laps
- Lake can be rather wavy in case of windy weather conditions!

Transition:



Overview

Soon as possible

Link to the detailed Map:

Refreshment

Own Refreshment in all areas. At running, a bottle can be placed near the bicycle. You run through the transition zone after one lap

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 middle 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 Saturday's eXtremeMan Quadrathlon Sprint distance or triathlon in single or in relay.
- Near the racecourse, we provide a free campsite. Toilet, washbasin, cold water shower.