

## Race Information

### WQF World Cup Race

Kaposvár, Deseda lake,  
Hungary

24.07.2021



Version: 09.02.2021

---

### 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](mailto:petiatti@gmail.com)
- +36 30 6452794
- [www.extrememan.hu/kaposvar](http://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:                   | 8:00 – 9:00  | Race Center at the Lake |
| - Race Briefing (in English): | 9:15   | Race Center at the Lake |
| - Race Start:                 | 9:30   | In the Lake             |
| - Cutoff Time:                | 3 hours (swimming: 0.5 hours; end of bicycle: 1.5 hours) |                         |
| - Check-OUT:                  | 12:00  | Race Center at the Lake |
| - Ceremony:                   | 13:00  | Race Center at the Lake |

## Registration

- Solo Adult, Masters Category  
until 31.05.: 14,000 HUF; until 30.06. 17,000 HUF; up 01.07. 20,000 HUF
- Solo U17, U19, U23, Senior Category  
until 31.05.: 9,000 HUF; until 30.06. 12,000 HUF; up 01.07. 15,000 HUF
- Relay  
until 31.05.: 7,000 HUF/person; until 30.06. 10,000 HUF/person; up 01.07. 13,000 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: + 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, on the dam, under the dam a 2x2.5 km laps (flat)
- Lake can be rather wavy in case of windy weather conditions!

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

Google My Maps

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

## 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](mailto: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 eXtremeMan Quadrathlon Long distance or eXtremeMan113 triathlon (3.8 km swimming, 90 km of biking, 20 km kayak, 21.1 km running or 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.