

---

Some questions to:

**Albert Corominas Bertran** 

24.10.2019

---

**Can you introduce yourself? What did you do before quadrathlon, when did you started, ...**

Born 1982, man, 1,88 cm. height, 88 kg.

I do kayak in Banyoles.

**Where do you live?**

Banyoles, Girona, Spain

**What's your favourite discipline?**

1-Kayak, 2-swim, 3- Bike

**Rate the four disciplines on a scale of 5.**

- Swim: ★★★★★
- Bike: ★★★★★
- Kayak: ★★★★★
- Run: ★★☆☆☆

**What are your favourite races?**

Ibiza, Cazalegas (spain), Berlin, Azores

**What's your favourite distance? Sprint/ middle/ long?**

Sprint and middle distance



**What was your best:**

- Race: BerlinMan Quadrathlon 2014
- Result: 1st
- Performance:
- Experience: Fantastic

**Have you ever won a European or World title? How many, and when?**

Yes, one World championships Sprint in Berlin (2014) and one European championships Middel in Ibiza (2014)

**What are you best results in the world cup ranking?**

3rd

**What's your biggest tip for a beginner in quadrathlon?**

Enjoy the ambient, passion for sport and make a good friends around the world

**How many hours do you train a week?**

10-15 hours

**Do you like hilly courses?**

Yes, I loved

**Who is your idol?**

Jan Frodeno

**Describe yourself in one word:**

Ambitious

**If you are a fruit, what fruit would you be? Why?**

Banana, for the tasted

**What's your favourite food/drink?**

Beer, meet

**What's your favourite pre-race track?**

Gladiator

**What do you do before a quadrathlon race?**

Relax and listen music

**What do you want to get as a prize if you win a race?**

Only happiness with myself

**Where's your favourite training place?**

S

**Do you avoid alcohol? If yes, only in the season, or always?**

My home, Banyoles lake

**Who do you think is the best quadrathlete in history? Man / woman**

Yes, only in the season.

**What's your favourite place?**

I don't know

**What's your nickname?**

ACK1, or Coro