
Some questions to:

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

Born 1972

I'm male, 1,86 m and weigh 77 kg.

I started with Kayak as I was 10.

My first quadrathlon was 1996 in Niederhof on the Baltic Sea.

Where do you live?

I live in Schwedt, in Germany.

What's your favourite discipline?

Ask a dad, which of 4 children he likes most ;-).

Rate the four disciplines on a scale of 5.

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

What are your favourite races?

I can't say it. There are too much good races.

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

It changed. Earlier it couldn't be long enough, now in my old age a Sprint is enough ;-).



What was your best:

- Race: I had a lot of good races. Unfortunately, I can better remember the 3 bad races ;-)
- Result: Look at the next question.
- Performance: The same like point 1.
- Experience: At the age of 13 years I came to the sport school in Potsdam for 3 years. That has shaped me.

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

I won a World title 6 times (1998 and 2000 Ultra distance, 2004, 2007, 2010 and 2015 Long distance) and a European title 3 times (2004 Middledistance, 2008 and 2009 Sprint distance).

What are you best results in the world cup ranking?

I won the World Cup in 2003 and 2004.

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

Have fun.

How many hours do you train a week?

10-15 h

Do you like hilly courses?

In training yes, in competition no.

Who is your idol?

All people who make sport with 70 and older.

Describe yourself in one word:

Indescribable ;-)

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

An apple. Germanys best fruit 😊

What's your favourite food/drink?

Pasta in all variations.

After a long, hard and hot training session I like a cold chocolate milk.

What's your favourite pre-race track?

It's a secret ;-)

What do you do before a quadrathlon race?

Eat well and sleep well ;-)

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

The same prize money as in tennis or golf 😊

Where's your favourite training place?

Wherever I am.

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

I don't avoid alcohol, but I drink it very rare.

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

Miroslav Podborsky and Lisa Teichert.

What's your favourite place?

Decision impossible ;-)

What's your nickname?

I don't have a nickname.