
Some questions to:

Tom Svoboda 

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

34 years old (born in 1985), Male, 184cm/79kg

Swimming (Breaststroke/Individual Medley), Ironman Triathlon (Ironman WCH Hawaii Finisher 2011), Czech Olympic Triathlon team member 2014-2016, Biathle World Champion (1600m run – 200m swim – 1600m run), Aquathlon European Champion (1km swim – 5km run)

In Quadrathlon since 2017

Where do you live?

Prague, Czech Republic

What's your favourite discipline?

Swimming and running

Rate the four disciplines on a scale of 5.

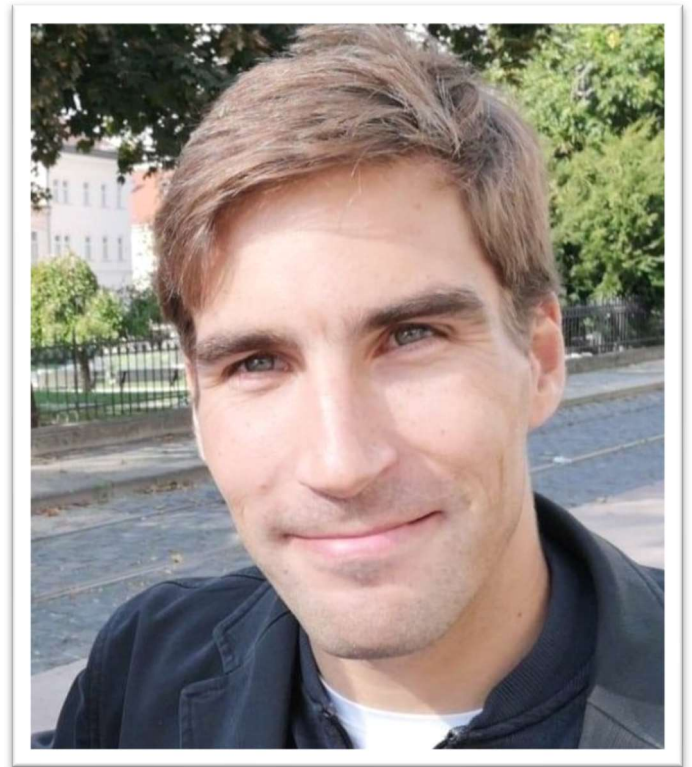
- Swim: ★★★★★
- Bike: ★★★★★
- Kayak: ★★★★★
- Run: ★★★★★

What are your favourite races?

Týn nad Vltavou (CZE)

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

Sprint



What was your best:

- Race: Týn nad Vltavou
- Result: 1st long Quadrathlon World Championships Hannover 2018
- Performance: Ratscher Sprint European Champs 2017
- Experience: 2018 ÖtillÖ Swimrun World Championships, Wulong Team Quadrathlon 2018 (4 stages/4 days in China), Ironman Hawaii World Championships 2011, Long Quadrathlon WCH Hannover 2018

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

- ECH sprint Ratscher 2017
- ECH sprint Koberbachtal 2019
- ECH middle Kretinka 2018
- ECH middle Týn nad Vltavou 2019
- WCH sprint Ratscher am Bergsee 2018
- WCH long Hannover 2018 WCH sprint
- WCH Kaposvar 2019

What are you best results in the world cup ranking?

First 2017 and 2018

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

- Don't fear 😊.
- Take it seriously.

How many hours do you train a week?

15 hours

Do you like hilly courses?

It depends on my actual shape 😊.

Who is your idol?

No idol, but many, many inspirational people (not only sportsmen).

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

I like Czech beer. I'm drinking usually with friends a few times in a year.

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

I can't compare all big names from past.

What's your favourite place?

Prague